

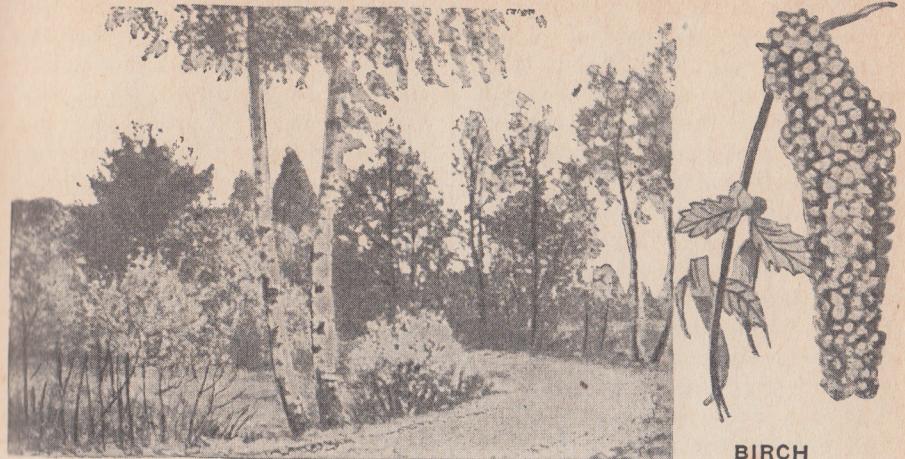
**OLD TAMARACK'S  
COLLECTION**

# OLD TAMARACK'S COLLECTION

A Collection of Recipes,  
Scientific Notes, Herbal  
Remedies of Indians and  
of Medieval Times,  
gathered from Europe,  
Asia, Africa, Etc.

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## WHY NOT HAVE YOUR OWN HERB GARDEN?

By Mrs. M. Greve, F. R. H. S.

How to prepare the ground in readiness for your herbs.

Which herbs to grow from plants and which from seeds.

Where these can be obtained, and

Where and how to sow or plant them.

You have probably decided by this time which of the culinary and medicinal herbs you are going to try and grow. Before purchasing the seeds or plants the ground must be prepared to receive them.

### Light Soil

If you have chosen sun-loving ones, requiring a warm, dry, light soil, you will naturally select the sunniest spot available in your garden, preferably a raised border or bank. Clear it thoroughly from weeds first of all, then dig the soil over deeply and if the weather is dry and sunny leave it a couple

of days to sun and air fallow. Then mix in the soil some lime or chalk, preferably the latter. Should the ground be on the heavy side get some coarse sand and work a little in.

If you are growing from plants make a very straight line and lay out the plants in 1 ft. or 2 ft. spaces according to the size of plants chosen. Dig a hole with a trowel and plant carefully. (On no account use a dibber, as that hardens the soil around the roots and often leaves a hollow underneath them—with the result that the plant withers and dies.) I usually drop a little sand in the hole before putting in the plant, as I find it helps to root more quickly, and they always appear to me to give healthier looking roots. Press the soil fairly firmly round the root to assist the plant to bite the soil and start growing right away. When they start growing give the plants a good look over once a week to see no slugs have attacked them or any

wireworm is in the ground. If you have several rows of plants keep the soil well hoed; this helps to keep it sweet, and retain the moisture, thus saving the necessity of watering if dry weather comes. It is, in fact, really better than watering, as the watering of plants tends to bring the roots up to the surface in search of moisture—which is not good for them. As a general rule, the deeper straight down the roots go the better the plants do.

If you are sowing seeds you will prepare the ground in much the same way as described above for plants. Then mark out little lines with the hoe—and very thinly sprinkle your seed in, pressing the soil firmly but very lightly afterwards. One special point to remember is, not to plant your seeds deeply, and only cover them slightly to prevent the birds picking them all up. Nature never plants them at all, and see what nice healthy seedlings appear from nature's way. When the seedlings appear, be careful to thin them out well. They do not make good progress if crowded; the more space you give them the stronger they will be. You must watch carefully for slugs and if you find any of them eaten dust the rows over with soot—a very slight sprinkling will do.

#### Heavy Soil

Now for the plants that require heavier soil, such as Comfrey, Scullcap, Valerian, Elecampane, etc. These will grow hardly in some shady, moist spot in your garden. A clayey one, if well dug, will do, as they are rather gross feeders and somewhat deep-

rooted. Clear your ground well of weeds and dig deeply, turning the soil well over and leaving it in a loose condition for a few days to be well aired. As this sort of soil is apt to become sour and stagnant it is of the utmost importance to keep between the lines well hoed. Should your ground be on the light side dig in before planting some old rotted manure, or fertilize it with weed rubbish that has rotted. If there is a tendency to sourness sprinkle some lime between the rows and hoe in.

#### Seeds or Plants?

Which herbs are best grown from seeds and which from plants? The objection to the use of seed is that birds and insects often alter the seed so that the plants obtained from it do not come true. Most of the annuals, like Basil, Chervil, Coriander, Dill, etc., do best from seed and sown in the beds or lines in which they are to remain, thinning out rather than moving the seedling. The stronger varieties, such as Balm, Marigold, Motherwort, Mullein, etc., can be planted out singly when strong enough, and again harder ones such as Comfrey, Golden Rod, Southernwood, Hyssop, etc., can be quickly propagated by division of roots—also Thymes, Sages, Marjorams, etc., can be quickly grown from cuttings (Sages especially being what we term "stem rooters").

#### Where Obtained?

Where can all these treasures be obtained from? Write Indiana Botanic Gardens, Hammond, Ind.

#### HOW TO RECOGNIZE PLANTS

By J. Paske

Flowering plants are, as you will know, made up of various parts or organs, which are intended by nature to serve different purposes. These are the root, stem, leaves, flowers, and fruit or seeds, etc. I will now proceed to describe to you the different kinds of roots, stems and leaves plants possess, as promised in my article last month.

The **Root** is the part which fixes a plant to the ground, or whatever else it may grow upon. It never has leaves, or scales, and generally descends into the earth. Its chief office is to attract from the earth the liquid and gaseous matters which constitute the food of plants. It also preserves the life of the plant in many instances. The lower end is protected by a fine cap, or sheath, which is constantly renewed as it pushes its way through the earth.

Roots are described as:—

**Fibrous**, when composed of many spreading branches; as that of barley.

**Conical**, when they taper regularly from the crown to the apex, as in the carrot.

**Fusiform**, when they are broadest in the centre and taper at the two ends, as the radish.

**Napiform**, when somewhat globular with a tapering extremity, as that of the turnip.

**Fasciculated**, when there are a number of tubercles or fleshy branches arranged in a bunch, as in the dahlia.

**Tuberiferous**, when some of the branches become swollen and egg-shaped or rounded, as the potato.

**Palmate**, when these rounded knobs are branched, like the fingers of a hand outstretched.

**Creeping**, when they travel in a horizontal direction along the ground, such as the mints.

**Bulbous**, when like the onion, lily, crocus, etc.

The **Stem** is the part which grows upwards from the root, and which bears the leaves and flowers. Stems have two important functions: they support the leaves and flowers, and provide means for the transport of substances inside the plant. They form a link between the roots which collect water and mineral substances from the soil and the leaves which absorb carbon dioxide from the air. Stems are **erect**, if able to support themselves in an upright position or **prostrate** if they trail on the ground. If, whilst thus reclining, they rise towards their extremities they are **decumbent**, or if they gradually rise from near the base, **ascending**. Some stems, being too weak to stand alone, climb by attaching themselves to some object of support, and are described as **climbing**. A creeping stem differs from the prostrate variety by sending out roots from its joints, as the Creeping Buttercup and some Clovers.

The **Leaves** are an expansion of the stem, and take different forms in different plants; in fact the arrangement of the branches often depends on that of the leaves. A perfect leaf consists of three parts (1) the flat expanded portion, called the **lamina** or **blade**; (2) the stalk which attaches the blade to the stem, called the **petiole**, or **leaf-stalk**; and (3) the

little leaf-like projections at the point where the petiole joins the stem, known as the **stipules**. In some cases the leaf possesses only 1 or 2 of these parts, when, if the petiole is absent the leaf is said to be **sessile**, or if there are no stipules, **exstipulate**. If the leaf blade consists of a single piece the leaf is described as **simple**, whereas it is known as a **compound leaf** when composed of a number of leaflets articulated to the one petiole. In some plants the leaves are arranged along the stalks in pairs, each pair starting at one of the nodes; this arrangement is called **opposite**, as in Wood Betony and Dead Nettle. When placed one above the other upon opposite sides of the stem they are **alternate**, as in Balsam. If leaves are arranged in a circle (whorl) round the stem they are said to be **verticillate**, as in Clivers. Leaves, as you will have noticed, are very varied in shape. Indeed, it is the shape of the leaf which helps us greatly to distinguish one plant and tree from another. We have not room left to describe the various shapes here, but will do this next month, when we hope to deal with flowers, seeds and fruits also.

For the benefit of those who did not read our article last month we would again state that we hope the information being given in this series will make plant gathering and identification in the summer a pleasure and profit to many.

Leaves of a plant are said to be **entire** when their outer edges have no indentations—as in the various grasses. If the "teeth" formed by the indentations are

rounded the margin is **crenate**; if they are sharp and point straight outwards it is **dentate**, whilst if sharp and pointing towards the apex—like the teeth of a saw—it is **serrate**. If the apex of a leaf is rounded it is called **obtuse**; if it is sharp-pointed it is **acute**, and if it gradually tapers to a point it is **acuminate**. A leaf is :—

linear if long and narrow,  
**lanceolate** when shaped like a lance,  
**ovate** when elliptical,  
**cuneiform** if wedge-shaped,  
**cordate** if heart-shaped,  
**reniform** if kidney-shaped,  
**pinnate** when shaped like a feather and consisting of four or more leaflets,  
**palmate** if it resembles a hand, and so on.

In ferns the leaves are called fronds.

The **Flower** is that part of the plant which subserves the purposes of reproduction. The manner in which flowers are arranged upon the stem is called **inflorescence**, described by different names according to the manner of the arrangement.

The principal kinds are :—

The **umbel**, when the pedicels all radiate from one point, as in Fool's parsley.

The **spike**, when the flowers are sessile along a common axis, as in the Plantain.

The **corymb**, when the flowers of a raceme are all on the same level, as in Candytuft.

The **panicle**, or compound raceme, as in the Florin grass.

The **cyme**, when a panicle is corymbose and irregularly contracted, as the Elder.

A spadix, when the flower is enclosed in a spathe.

A flower stalk which bears one flower is said to be **simple**; if springing directly from the root, bearing no leaves, it is termed a **scape**.

When complete, a flower consists of four whorls or series of organs. The two outer ones are called the **calyx** and **corolla**, the calyx usually enclosing the complete flower, and its leaves or sepals resembling the green colour of the leaves of the plant. The corolla is composed of **petals** and usually gives beauty to the flower. The two inner whorls are styled **stamens** and **pistils**. A stamen consists of a stalk called the **filament**, which bears a head or anther, filled with a substance known as **pollen**. The pistil, or seed-bearing organ, occupies the centre of the flower, and is composed of one or more **carpels**. Each carpel, when complete, is made up of a hollow organ or **ovary**, above which is a stalk or style capped by the **stigma**. The interior of the ovary is called the **cell** and contains the **ovules**, or young seeds.

The **Fruit** consists of the ovary and whatever other parts of the flower remain at the time the seed is ripe. It encloses or covers the seed or seeds till they are mature, when it either opens for the seed to escape or falls to the ground with the seed. Fruits are said to be **simple** when the result of a single flower, and **compound** when they proceed from several flowers. The **pericarp** is the portion of the fruit formed of the ovary and whatever adheres to it exclusive of the seeds. Fruits are

divided into **succulent** and **dry**. They are **dehiscent** when they open at maturity to let out the seeds, and **indehiscent** when they do not, but fall off with the seeds. Succulent fruits are usually indehiscent. The principal kinds of succulent fruits are the **berry** and the **drupe**, whilst those of dry fruits are the **capsule** or **pod** and the **nut** or **achene**.

The **Seed** is enclosed in the **pericarp** in the great majority of flowering plants. When ripe, the seed contains an **embryo** or young plant, either filling or nearly filling the cavity or more or less immersed in a mealy, oily, fleshy, or horn-like substance, called the **albumen** or **perisperm**. The shell of the seed consists usually of two separable coats—the outer called the **testa**, and the inner the **tegmen**. The embryo consists of the **radicle**, or base of the future root, one or two **cotyledons**, or future seed leaves, and the **plumule**, or future bud.

In addition to the parts already described that are common to most plants some possess the following accessory organs:—**tendrils**, **thorns** and **prickles**, **hairs**, **glands**—but we cannot particularise concerning these here and now. I hope that such information as I have been able to give will make more intelligible and interesting to you the subject of plant study both indoors and outdoors. As you take your walks across fields and woods and along country lanes during the next few months try to recognize yourself some of the plants growing there.

From "Health From Herbs Magazine," London, England.



MARYGOLD

MASTER  
OF THE WOODS

### HOW PLANTS ARE CLASSIFIED

Students should be acquainted with the underlying principles of the classification of plants, or systematic botany to give the proper term.

Although to possess this presupposes some knowledge of the structure and physiology of plants, it is not altogether necessary for academic instruction as some attention to observation and diligence in collecting specimens will, in an intelligent person, serve the same purpose.

The foundation of the system of classification now in vogue is based on the idea of likeness. But it is obvious that the resemblances selected to furnish the arrangements for the scheme must not rest upon vague generalities but upon distinct marks of character.

A system of classification which had a great vogue was the one which was formulated by Charles Linnæus, a Swedish scientist, born in the early part of the 18th century, and who will always occupy a high place among the great naturalists. Linnæus based his classification on two methods. In the one he divided plants in classes and orders, upon certain peculiarities in the floral organs. This system being thus founded on characters taken from certain parts of the plant only, without reference to others, and having something artificial in it, has for that reason been termed, the artificial system or Linnæan system. In the second method, he arranged the plants according to certain general resemblances and affinities, in natural orders or families. This system, which is known as the natural system, subsequently was improved by the celebrated botanists of the time, the arrangement by Bentham and Hooker being that now chiefly in use.

In botanic classification the term species is used to designate a number of individual plants, which in all essential characters resemble one another more closely than any other plant. The term genus is used to describe an assemblage of nearly allied species agreeing with one another in general structure more closely than they do with any other species.

Plants have two names, the genus and the species, and so when designating the genus we say the "generic name"; the one designating the species the "specific name." Thus, for instance, we have the genus *Viola*, which

includes the species *Viola odorata* or sweet violet; *Viola canina* or dog violet; *Viola tricolor* or heart's-ease.

It is necessary to give the correct Latin names of plants, as the common names differ in different parts of the country, in order to get that scientific degree of correctness which enables a list of plants (or flora) to be compiled. At the same time there is another aspect to be considered in reference to this question, and that is in practical dispensing. If the Latin name is used, and is abbreviated for quickness, a mistake can be made; whereas if the common name, as used by most Herbalists, is adhered to there can be no error. We remember reading somewhere of *Eupatorium perfoliatum* and *Eupatorium purpureum* being abbreviated to *E. per.* and *E. pur.* In this case if Boneset and Gravel-root, their respective common names, had been used there could have been no confusion.

However, to continue the system of classification. An assemblage or group of genera, agreeing in their general characters, although differing in their special structure, is called an order or family of plants. As an example of this consider the family of composite plants, or compositæ; including the Daisy, Elecampane, Yarrow, Chamomile, Burdock, etc.

The next group is called a class, and there are two. Firstly, dicotyledons in which are included all flowering plants which have the leaves reticulated and an embryo of two or more cotyledons. Secondly, monocotyledons,

which possess but one cotyledon and the leaves mainly parallel-veined.

### FERNS AS MEDICINE

By Harry Orbell, F. N. A. M. H.

In olden times ferns were much in favour as medicinal agents, today their use is much restricted.

Possibly this is due to the fact that ancient herbalists and peasantry ascribed to most of the fern species many magical and supernatural powers. So much so that Gerarde, an old time herbal writer, severely rebuked herbal practitioners of those days for their rashness in declaring that the Crest Fern rendered its possessor invisible, whilst its seeds, if gathered at midsummer, ever assured good health by wearing them in a sachet around the neck.

Even so there are many useful remedial agents to be found in certain species of the fern family which undoubtedly justified their usage.

Even today the common wall spleenwort is much liked by Scottish peasantry as an expectorant, whilst the black spleenwort is of proved value as a pectoral.

Hartstongue is still used as a diuretic and is successful in many cases of obstruction of the liver.

Scale Fern, or rusty back, is held in great esteem by the Arabs; as a matter of fact, it was the principal exhibit sent by them to the great London Exhibition held in 1851.

Another fern, Wall Rue, had extended use in the middle ages in all cases of asthma and splenic trouble.

Royal Fern was used by them

as a specific for melancholia and grief; it was also made into an ointment for wounds and bruises. In common with most good things of those times, enthusiasm ruled discretion and Royal Fern became a fabled panacea for all ills.

Bracken was much used by old herbalists in the treatment of rickets; today we know that this fern is rich in gallic and tannic acid, the foundation of certain treatments in cases of mustard gas of warfare.

Male Fern survives as a treatment for tapeworms; whilst Maidenhair Fern is still much liked by the French people, who make it into a syrup for bronchial affections.

The medicinal qualities of the parsley group of ferns are too well known to need comment.

In the treatment of gangrenous wounds the old herbalist relied upon another fern, the Adders-tongue.

Fable has it that the Moonwort was favoured by witches, for what purpose is not clearly known; ancient herbalists used it in the treatment of insomnia.

There is one peculiarity of the fern species, they are, as a class, non-flowering. It is usual in other plants and shrubs to procure the propagation of their species by the evolution of seed from the flower after due fertilisation by insect or wind; ferns produce their seed from what is literally a hidden flower and it is this peculiarity which places them in a type of vegetation quite distinct from the flowering shrub and plant.

### THE SALT GLOW

If given with dexterity a salt glow will produce a nice glow all over the body. It is, therefore, an excellent treatment for a sluggish skin and is a general pick-me-up. For anyone whose skin is of a greasy nature and covered with blotches and blackheads, the salt glow will help very materially to put in into good condition.

Run a few inches of warm water into the bath or tub, and have the patient seated upon a low stool or box in the bath. Go over the body, a limb at a time, with common salt moistened with water. You can do the head and face as well and finally rinse the body down with warm water and dry.

### INDIANS USED SAP OF FIG TREE FIRST

The venerable fig has long been highly valued in the treatment of intestinal ailments, but a new discovery justifies the ancient esteem in which the fig has been held. Scientists reported before the American Chemical Society the isolation from the milky sap of the fig tree of a substance which destroys various worms parasitic in the human intestines. It is said to be an enzyme and has remarkable powers in the destruction of these internal parasites. Curiously enough, this crude substance has been used for centuries by the South American Indians for the remedy of this condition. One must marvel at times, at the ingenuity of these primitive people in discovering, even in a crude way, what modern civilization has taken so long to improve upon.

From "Health Digest."



ANGELICA



### THESIS ON WILD ANGELICA HERB

#### FUNCTION AND MEDICINAL VIRTUES

By R. Dootson, M. N. A. M. H.

This plant is very common in our country, and can be found both growing wild and also under cultivation in our gardens. Providence has by a line of demarcation made it possible to distinguish plants in their different order. I mention this point in order that mistakes may be avoided when gathering—this is very important. A mistake in gathering some plants might prove fatal. If we are not sure that the plant we have gathered is the correct one we should seek the aid of some expert on the matter. This plant is one of those by which we might easily be led astray. The mistake need only to occur once—it is too late when the life is lost.

#### Definition:

- (1) Common Name — Wild Angelica Herb.
- (2) Botanical Name — *Angelica Sylvestris*; which means it grows in woods. Gen. xxxiii.
- (3) Nat. Order — Umbelliferae. Ord. xxxiv.

It is found wild in our ditches and ramp places; the roots are tap rooted with light-coloured, brown side branches; stem round, smooth, exogen, white inside and hollow, noduled; leaves serrate and petiole; flowers both at the top and sides of the plant, and the flowers are umbel in shape and light-pinkish in colour; perennial in growth. This plant greatly resembles the Water Dropwort, and a person not experienced in gathering will soon mistake them, which would be fatal. Both plants are similar in many instances. At first glance they appear to be alike, but on examining them they can be distinguished. Dropwort has white flowers in an umbel form with

spikes underneath the flower. The roots are whitish in colour. This plant is very poisonous and should not be gathered. The seeds on Angelica are flat, the seeds on Dropwort are nodule in shape.

**The Action of Angelica in Medicinal Form for Internal Diseases Is as Follows:**

Diuretic, diaphoretic, stimulant and also antiseptic. In treatment for all pulmonary complaints, pleurisy, bronchitis, old standing coughs and colds this herb generally enters in the formulas, and is great if required for pneumonia. The results will be better if combined with the following ingredients: Angelica  $\frac{1}{4}$  oz. dried herb, yarrow  $\frac{1}{4}$  oz., water mint herb  $\frac{1}{4}$  oz., marshmallow  $\frac{1}{4}$  oz., lungwort herb  $\frac{1}{4}$  oz., peppermint herb  $\frac{1}{4}$  oz., black juice  $\frac{1}{4}$  oz., cayenne pods 4. Three pints of water, boil 10 minutes, then sieve; dose:  $\frac{1}{4}$  teacupful every 2 hours. Results: This treatment opens the pores, relieves congestion, lets out the poisons through the pores of the skin to relieve congestion; breaks up the solidified accumulations, relieves the excessive breathing, and lowers the rapid beats of the heart to normal, carries the waste material mucus through the alimentary canal. By this action it restores the system to a normal condition again. Better action is obtained if with this treatment 2 lobelia compound pills are given 3 times a day. This treatment leaves no after effects, and no danger of empyemia may be

feared. Every ingredient is based on non-poisonous medication.

For Bronchitis cases, make up the following preparation:  $\frac{1}{4}$  oz. each of the above prescription, and to every pint of decoction add 1 pound of sugar and 1 oz. of Lobelia Fluid extract, sieve and bottle when cold. Dose for all broncho troubles: 1 tablespoonful 4 times a day. This treatment not only breaks up the solidified material, but through its antiseptic properties heals the scarred passages and restores them. This remedy is one of the best combinations for the pulmonary complaint that we have in the *materia medica* of our Herbal School. For all kinds of sore throats mix up the following compound:  $\frac{1}{4}$  oz. Angelica,  $\frac{1}{4}$  oz. Hyssop Herb,  $\frac{1}{4}$  oz. Red-Sage Herb, 1 pint Vinegar. Boil the vinegar for 1 minute and pour on to the herbs. Stand until cool, then bottle for use. For all kinds of throat troubles this remedy stands without an equal in our school of treatment. For a Gargle 1 teaspoonful of the mixture to  $\frac{1}{4}$  teacupful of warm water, gargle and the results will be astonishing. This herb is also good for stranguulation of Urine. Also the powdered Root can be used for Nasal Catarrh used as a snuff in minute doses. Let me in closing say, get back to nature's remedies when functional diseases need medicine. If you don't gather your own herbs you may be supplied by any registered herbalist, especially that class belonging to the National Association of Great Britain. These men are practical in this work.

**GRAPE JUICE AS A BLOOD BUILDER**

Tests lasting nearly three months on sixty orphanage children in Chicago showed that grape juice is an excellent source of iron and is effective in building up the hemoglobin in the blood. Ten ounces daily aid in preventing secondary anemia. The study was made by Drs. W. Fishbein, Joseph K. Calvin and Johanna Heumann, who give the results in the "Archives of Pediatrics."

From "Good Health," Battle Creek, Mich.

**READING THE TONGUE**

Some persons are always observing the condition of the tongue, while others rarely, if ever, examine it. But the doctor, in his examination of a patient, never neglects to look at the tongue. It often gives him almost as much valuable information as do many of the modern scientific appliances at his disposal.

If you have never thought about your tongue, take a look at it now. Normally, the tongue appears red. It is glossy, clean and moist.

As soon as there is some internal disorder, such as digestive disturbance, the tongue will quickly register this change of health. If fever is present, the tongue becomes dry and somewhat scaly in appearance.

If the digestion is disturbed, it becomes coated, appearing white or yellow. In certain forms of poisoning or infections the tongue becomes swollen and grayish in color. Various changes from the normal may occur in different conditions of health.

Perhaps of greatest value are the characteristic changes which are pictured on the tongue in certain diseases. In fact, some diseases are first recognized by the appearance of this organ.

In scarlet fever, for example, the tongue first becomes coated and grayish in color. Within a short time the tip of the tongue becomes red, and small knoblike swellings appear.

This gives the tongue an appearance like the surface of a strawberry, hence the name "strawberry tongue."

In certain disturbances of the kidney the tongue becomes dry and furred. Similar changes are noted in constipation, indigestion, colitis or some other intestinal disorder.

Extract from an article by Dr. Cope land in the "Chicago Examiner."

**CANCER SERUM KILLS TWO MORE**

(By Associated Press)

ORLANDO, April 1.—Two more deaths today brought to nine the number of fatalities among cancer patients who had been given injections of a serum known as Ensol.

Mrs. Lydia Morrison, 49, and C. S. Pore, 65, both of Orlando, died today within two hours of each other.

Six women died Wednesday and another yesterday after receiving injections of the serum, and two other patients—a man and a woman—stricken at the same time were gravely ill today.

Dr. T. A. Neal said the 11 and another woman admitted to a hospital last night all had received the serum at his clinic from a single bottle.

Those seriously ill were E. S. Bolte, 70, and Mrs. Ola Hall, both of Orlando. Bolte was said to be fighting for his life.

Tetanus treatment had no effect on those who died, a fact which puzzled physicians. They said the patients had all the symptoms of the disease except their lack of response to the usual treatment.

From the "Miami Herald."

### INFLAMMATION OF THE BLADDER

By J. Hamnett, M. S., Ph. M.

Inflammation of the Bladder, or Cystitis, as it is generally termed, is a serious and painful complaint, and is found in two forms—acute and chronic.

**Acute Cystitis** is an inflammation of the inner mucous membrane of the bladder, and occurs more frequently at the neck of the bladder than at any other part.

**Causes.**—Exposure to cold, intemperance, prolonged retention of urine through lack of opportunity to pass it, excessive sexual indulgence, the presence of calculi, local injuries, prolapsus of the bowel, worms, nervous strain, diseases of adjacent organs, etc.

**Symptoms.**—There is a frequent desire to pass water, with little or no success. There is also a dull aching pain over the region of the bladder, extending to the groins and thighs, and sometimes down to the testicles in the male, and the labia majora in the female. This pain extends upwards to the kidneys via the ureters, thereby causing much suffering upon movement, as this affects the lumbar vertebræ and pelvic

floor. The patient may complain of feeling alternately hot and cold. The urine is scanty, very slightly acid but more often alkaline in reaction, and scalds on passing. It may contain albumen, pus, blood, urates, etc., and is of a high specific gravity, whilst the odour is characteristically ammoniacal.

**Chronic Cystitis** is usually the result of a neglected acute condition, but may also be caused by stones in the bladder (calculi), stricture, tumours and diseases of the adjacent parts. The symptoms are very similar, except that there will probably be slime and shreds in the urine, the effect of the retained decomposing urine on the mucous membranes lining the bladder—ulceration being thus often caused. The constant strain and pain, together with the failure to properly eliminate toxic matter, brings about weakness, prostration, irritability, lack of sleep, poor appetite and general auto-intoxication of the body.

**Treatment.**—Efforts must not only be made to promptly remove the inflammation and consequent congestion of the bladder, but to see that the other channels of elimination are working properly also. An aperient for the bowels and frequent hot baths to get the pores of the skin open should be given. In very bad cases it is advisable to give an enema for the bowels rather than an aperient, which necessarily takes time to act. The enema can be one of pure warm water or can be made with water in which powdered Slippery Elm Bark has been previously boiled (and strained off). Apply hot wet cloths wrung out

of Ragwort and Marshmallow liquor over the bladder region at frequent intervals. Also a hot water bottle to the feet. Procure the following and make up into a medicine:—Clivers  $\frac{3}{4}$  oz., Uva Ursi  $\frac{3}{4}$  oz., Marshmallow Root, Sanicle Herb, Wild Carrot Herb, Dog-grass Root, Buchu Leaves  $\frac{1}{2}$  oz. each, Ginger Root  $\frac{1}{4}$  oz. Pour on 4 pints boiling water, simmer for half-hour, then strain when cold. Dose: 2 wineglassfuls every 2 hours or so. Give the patient plenty of barley and lemon water, or teas made from linseed, parsley, carrot, beetroot, etc. Meat, fish, fowl, tobacco, alcohol, sugar, condiments and all starchy foods should be avoided, and plenty of vegetables (conservatively cooked), fresh fruit, salads, wholemeal bread taken. Asparagus, turnips and onions are excellent.

The removal of the causes of the trouble and the cultivation of a cheerful mind, regularity of habits, etc., will help to minimise the risk of a recurrence of attacks.

### THYROID OPERATION AND FAST HEART

By Dr. Philip M. Lovell, N. D.

If you have a pulse beat of 120 to 200, whether your thyroid gland is enlarged or not, some doctors tell you to have it out. It is the thyroid which is responsible.

If you are willing to follow his advice, you have an operation. But, somehow or other, your pulse continues to be just as fast as it was before the operation.

Why?

It is not the thyroid which governs the pulse rate. The thy-

roid has something to do with the nervous system and the blood pressure factors which in their turn particularly govern the heart action.

The removal of the thyroid still leaves an impaired nervous system or malfunctioning circulatory system.

### Salt in Stomach Acidity

When going into the complications of chemistry, it is very simple for you to know that the principal acid found in excessive quantities in the stomach is hydrochloric acid (HCl). As you can see, it consists of hydrogen and chlorine.

Ordinary table salt is composed of sodium chloride (NaCl), a union of sodium and chlorine.

When food which contains salt is deposited in the stomach, a chemical change takes place. The chlorine of the sodium chloride (table salt) is released to combine with the hydrogen of water or the hydrogen that is found in the food substance—the result is hydrochloric acid.

This is one of the leading reasons why folks suffering from excessive acid are advised to abstain from the consumption of salt.

From the "Times," Los Angeles.

### DRINKING AND SMOKING MOTHERS POISON THEIR INFANTS

How the sins of the mother may be visited on the nursing is told in an article in a Dutch journal devoted to the diseases of children which is quoted by the "Journal of the American Medical Association." Dr. C. J. Wyck-erheld Bisdom reports having as

a patient a baby which was in deep sleep from which it could not be awakened. It refused to nurse and did not react to pain irritation. It perspired profusely and snored; the breathing was deep and slow, the pulse weak and frequent. Persistent inquiry of the mother finally induced her to admit that she had drunk a bottle of port wine. The baby was simply drunk; alcohol was found in its blood as well as in that of the mother.

### SYMPTOMS OF CANCER

Cancer is now recognized as a curable disease if recognized early, while it is still sharply localized, but it is of the utmost importance that the character of the growth should be discovered early, and the earlier the better.

The September bulletin of "The American Society for the Control of Cancer" gives the following as symptoms which should arouse suspicion and lead to avoidance of delay and thus failure to secure a cure which might have been easily possible a few weeks or months earlier:

1. "Abnormal discharge from body cavities.
2. "Lumps in the breast or thyroid or other glands.
3. "Sores that do not quickly heal on lips or elsewhere.
4. "Changes in the functioning of organs that have previously been well behaved, such as digestive disturbances, changes in bowel habit, changes in urination, or variations in menstruation."

From "Good Health," Battle Creek, Mich.

### DEXTROSE THERAPY

Frank W. Bower, B. A.,  
Los Angeles, Calif.

Several years ago, there appeared in the public press, a statement by the Secretary of the Department of Agriculture of the United States, advising the public to use more dextrose sugar. A part of the statement reads:

"Pure, refined corn sugar is dextrose. The principal competing sugars, cane and beet, are both sucrose. From the dietetic standpoint, dextrose has certain advantages over sucrose, inasmuch as dextrose is directly assimilated without digestive change by the human system and is the sugar which is normally present in the blood and tissues of the body. Sucrose must be first digested and changed into dextrose before utilization."

Since that announcement, the writer has been making tests of every possible nature, to determine the real therapeutic properties of dextrose. Seemingly, at the same time, several hundred other food investigators began the same investigating service for this form of sugar. There are at present, more than 2000 books of reference and these prepared by the best authorities of the world, on its clinical uses.

#### What Dextrose Is

Dextrose sugar is a monosaccharide—a simple sugar. It is made from the starch of the Indian corn or maize by rather a complicated process. It is thoroughly refined, pure white, mildly sweet and cooling to the taste and is as finely ground as the ordinary powdered sugar.

#### Quantity That May Be Used

The body is naturally equipped to regulate blood sugar. Hypoglycemia is represented by a quotient of less than 0.8 and

Hyperglycemia, by a value of over 0.12. The renal threshold is 0.16-0.17 per cent. The urine naturally excretes 0.001 per cent dextrose. Glycosuria is the excretion of excess dextrose in the urine when it passes beyond the renal threshold. An individual's tolerance of dextrose sugar depends wholly upon the amount that may be taken without producing glycosuria. Because of the high rate of absorption and utilization of dextrose in the body and the high renal threshold, the body is able to take care of a very large amount of dextrose by the mouth, at one time. It is authoritatively stated that as much as 500 grams of dextrose at a time may be taken without producing glycosuria.

Dextrose is the natural sugar of the human body. For this reason, it is called blood sugar, body sugar or muscle sugar. It is fuel for the body, providing material for energy and activity. It is the oxidation, or burning, of dextrose in the body which makes all movement possible. Dextrose is instantly absorbed by the blood stream without need of digestion. It can be immediately utilized by the body as energy food. All other carbohydrate foods must ultimately be converted into dextrose before the body can use them as energy. Dextrose is the quickest and the most direct means of supplying vital energy to the body for the functioning of the vital organs, the mind and the muscles for life, work and play. Dextrose is the least fermentable of all sugars, which fact is particularly important to those who generate intestinal gas.

It also acts as an intestinal food for friendly flora.

Dr. Bartlett says, "The important source of energy, to be introduced in all causes of dehydration or starvation, is dextrose, which is utilized by the body in preference to its own tissue and corrects and prevents the occurrence of volatile acidosis."

Dextrose is so important to life that it is recommended for newborn babies, for growing children, for active men and women, for invalids and the aged, and before and after operations. It is often referred to as "Life's Vital Force," which, indeed it is. Being about one-fourth less sweet than cane sugar, it seems to satisfy the natural craving for sweets. Dextrose is non-fattening, for it is absorbed into the blood so quickly and completely that it does not accumulate as fat. It is being used as the carbohydrate portion of a diet for obesity.

Children require as much dextrose as adults because they are more active. It is a safe, pre-digested energy food for the growing child. It relieves the alimentary tract of a digestive effort, which may be used to advantage in digesting other foods. In many schools, it has become a matter of routine to feed children dextrose in some form. Over-acidity in children, as well as adults, produces fatigue, due to a low level of dextrose in the blood. An abundance of dextrose in the body means an abundance of reserve energy, stamina and health.

#### Dextrose Increases Gastric Juices

Dextrose stimulates the saliva and the gastric juices and is not

in the least harmful when taken in excess, for any surplus is stored in the liver for future demands. It is absorbed almost entirely through the intestines and is emphatically a producer of force and energy and maintains strength. It lessens hunger and thirst and liability to heat exhaustion. To a considerable extent, it allays the alcoholic craving.

#### Many Therapeutic Uses

Dextrose is invaluable in combating birth shock and certain disorders of pregnancy due to enucleine and digestive disturbances, and it has won recognition in surgery as one of the most important pre-operative and post-operative aids. It is recommended for certain forms of auto-intoxication, sea-sickness, building up a reserve of tissues in the emaciated and underweight, and oxidizing excess fat in the obese. Physicians use dextrose in various metabolic disturbances, as found in diabetes, angina pectoris, rheumatism and certain forms of acidosis; asthma and various allergic disorders; also, in toxemias.

From "Journal of Drugless Physicians."

#### ENCEPHALITIS FOLLOWING VACCINATION

Mary Teresa Tracy, four years old, Derry, Ireland, was "successfully vaccinated" and she is dead of encephalitis which followed. The coroner recorded "encephalitis" as the cause of death, with no mention of vaccination, but admitted that the slaughter of the child was "a regrettable incident."

From "Golden Age" Magazine, Vol. XIII, No. 326.

#### PILEWORT—FOR PILES

By R. Dootson, N. M. A. M. H.

Springtime is once again speaking to us in Nature by the bursting forth of buds, leaves and flowers. Already I have seen in flower such plants as the Hazel, Barberry, Furse, Coltsfoot, Dandelion, Pearlwort, Lesser Celandine or Pilewort, and White Butterbur.

In this article I would like to draw your attention to the little plant named **Lesser Celandine**, or Pilewort, not only for its beauty, but for the purpose it serves humanity as a medicinal agent, both for external and internal complaints. When in flower it brightens up the woods and hedgerows, and is especially attractive to children. How often at this time of the year one sees them returning from the woods with large bunches of it.

The botanical name of the Lesser Celandine is *Ranunculus Ficaria* and it belongs to the Natural Order *Ranunculaceæ*, Order VI.

**Formula No. 4000**—Price per jar, \$1.00;  
Sample, 25c.

**Rectal Jell**—This is the most pleasant local application for a prompt relief of the natural process of healing and piles, and we believe one of our most effective preparations composed of active principles of recognized efficacy which checks the unbearable pains and long suffering in a very short time after application. It is not greasy, it has no objectionable odor or color and it is easy to apply. Brings the desired relief even in very severe and painful cases.

A trial will convince you.

**Habitat.**—This little herb grows chiefly in our woods, hedgerows and meadows, and is found in most parts of the British Isles. It is a ground plant, and likes damp situations. It can be found in flower from the beginning of April until early June.

**Description.**—It is a perennial plant. Its leaves are about the size of a shilling, and are heart-shaped, cordate, entire, and grow direct from the roots about six inches in length. They are of a light green appearance in the sun and dark in the shade, and are spotted with white dots. The flower stalks are round and slender, growing direct from the roots to a height of six inches in some places, with star-shaped flowers possessing eight or more petals. They are of a beautiful yellow colour, and polished in appearance. The roots are small, pear-shaped, and in a group form, and whitish in colour when washed. They resemble human hemorrhoids or piles, and it is supposed this is why the plant was named Pilewort. Digressing for a moment, I would like to comment on the fact that our ancestors gave names to many plants because of their resemblance to various things—animals, organs of the human body, etc.—

whilst some are called after men who first discovered them. For instance, there is the Mouseear, Catsear, Horsetail, Liverwort, Goatsbeard and Dandelion, whose deep serrations in the leaf resemble the lion's jaw.

The best time to gather this herb is about the middle of May. It is then in full flower and leaf. Gather all the plant and dry in a

room with about 150 degrees Fahrenheit of heat. The best way is to chop up into small pieces and place on nets; turn it over twice a day. When dried place it in bags which are porous; this will prevent mildew.

**Action.**—Resolvent, relaxant, slightly astringent and antiseptic.

**Uses.**—Internally it is of great value in all cases of haemorrhoids, and is perfectly harmless in its action. There is no fear of an overdose causing injurious effects. It can be given in large quantities if necessary, and, if persevered with, will be the means of toning, strengthening and restoring natural conditions.

In cases of piles without haemorrhage simmer 2 oz. of the dried herb and roots in 1 quart of water for 20 minutes; strain when cool. Dose:  $\frac{1}{2}$  a teacupful four times a day. Where there is haemorrhage, add the following:—Shepherds Purse, Knotted Grass, Nettles and Witch Hazel, 1 oz. each. If there is constipation add  $\frac{1}{2}$  oz. Rhubarb Root. Boil the contents in 6 pints of water for 20 minutes slowly; then sieve and bottle. Take  $\frac{1}{2}$  a teacupful every two hours. Half the quantity or less can, of course, be made up at a time if desired.

For external use in ointment form, make as follows:—Obtain 1 lb. of the herb and root fresh gathered, and wash the roots; chop up and mix with 1 lb. of Leaf Lard, simmer in a bowl in the oven until the herb is crisp; then remove, pour into a jar and add 1 oz. of Linseed Oil to each pound of Ointment. Apply to the affected parts twice daily.



### SILVER WEED OR POTENTILLA ANSERINA IN ESSENTIAL DYSMENORRHEA

By A. Richard Bliss, Jr., and  
Collaborators

On the basis of animal experiments in which muscular cramps artificially produced by barium were relieved by *Potentilla anserina*, Hauptstein tried the drug clinically in dysmenorrhea. Capsules containing 0.25 and 0.5 Gm. were given three times a day, one, two or three capsules at a time, from two to three days before menstruation through the first part of the period. Pain was prevented in several cases, but generally only for the period during which the drug was administered. In a few cases, however, dysmenorrhea seemed permanently cured by treatment with the drug before and during a single period. Failure was reported only in one case of a hypoplastic uterus, one myoma case and 2 cases where the anatomical findings were negative. Hauptstein recommended the drug because of its cheapness and low toxicity.

It is interesting to note, in view of the prolonged delay (something over a year) in getting any material from Germany (or elsewhere), that one of the German firms has just recently come out with a preparation of this drug. This manufacturer claims that clinical tests are in agreement with the results of animal experimentation; that the drug is safe and sure with all spastic dysmenorrheal conditions; that with the majority of dysmenorrheal cases a quick and positive effect is obtained; that there are no side effects; and that even in large doses the drug may be used without hesitation. They advise using the drug several days before the period, but that even if the period has started the drug will give prompt relief from pain.

From "Journal of the American Pharmaceutical Association."

**Editor's Note:** Well, the above goes to prove that another "old fashion" herb remedy is again becoming recognized.

### INNER CLEANLINESS AND THE COMPLEXION How Herbs Can Help

By Mrs. C. W. Morley

At the late Conference of the N. A. M. H. held recently at Scarborough, Mr. W. T. Dawes, of Plymouth (a past President), made an interesting remark whilst proposing the toast of "The Ladies," that among those present there seemed to be an entire absence of lipstick or other artificial beauty aids. As most of the ladies were either practitioners or associated indirectly with Herbal medication, it was a glowing tribute to the efficacy of Herbs and sane living.

The remark opened my eyes to the enormous amount of harmful, pore-clogging cosmetics in use today. There is a well known saying, "The eyes are the mirror of the soul," and I would venture to add that the complexion is a mirror to inner cleanliness.

Are you fully aware of the relationship between inner and outer cleanliness? Oh! I know you are concerned with this outer cleanliness, you use your baths, you use soap unsparingly and also you do put on a little dab of rouge, a little smear of lipstick and a large amount of face powder. Yes, I know also that you say, "My complexion is good, but modern society demands make-up!" But make-up means to cover a multitude of sins, partly the result of more demands of modern society.

### Take Stock of Yourself

Have a good look at yourself, notice those wrinkles, and the lips not so red as they used to be, to say nothing about the cheeks which are certainly paler without the rouge. Have you ever thought seriously about this faded complexion? Do you know that it is caused by the sluggish and unhealthy state of the internal organs? You may say that you take your morning dose of so-and-so's salts which keeps you fit. But that is just what they do not do. You overload your stomach day after day with obnoxious masses of meat, starches and acids until it seems that every cell must cry out in protest. This body that you ill-use so much, has a Vital Force within, and three avenues by which the waste materials are removed; the bowels or intestines, the kidneys and the skin. The latter brings us back once more to outer cleanliness.

We will take these avenues one by one. Firstly, you purge the bowels day after day with the salts until you reach the stage

when expulsion of excretory matter is difficult without them; so you increase the dose, hence weakening the bowel and its regular rhythmic action. Sluggishness of the stomach, liver and bowel-action results; some of the contents of the bowel become re-absorbed. The bloodstream taking up this poisonous material carries it as far from the heart as possible—to the skin. The kidneys slowly but surely under the constant strain of high living, artificial foods and over stimulation by the acid nature of secretion, soon become impaired and break down in action. Hence again impurities are re-absorbed, taken up by the bloodstream and carried again to the skin.

### The Vicious Circle

The skin so heavily laden excretes these impurities in the form of perspiration both visible and invisible; perspiration consists of 99% water and 1% solid, therefore, it is quite easy to visualise what is going to happen with all this huge amount of poisonous material clogging and solidifying at the roots of the sweat glands. The circle is now complete; you have poor, impoverished blood giving paleness to complexion and sourness to features; you have an impaired digestive system, interfering with waste and repair of tissues which often leads to anaemic conditions. The nerves are also affected and finally the deposits of acid waste matter under the skin leads to harshness, roughness and redness of the skin itself; pimples and blotches will be no uncommon sight. This, therefore, is the condition of the body you endeavour

to hide from view by the use of the aforementioned beauty preparations.

What a tragedy this state of affairs among the women of today has turned out to be; nine women out of ten are cosmetic addicts and seven out of every nine of these use them to cover alarming indications presented by a deranged condition of the functioning of the body as previously outlined.

Every woman at some period of her life entertains the idea of having at least one child, it is nature's ultimate object in this function being fulfilled. Small chance has the child to endure the battles of life when the mother was in such an impaired state of health as above, and a terrific amount of mothers are in such a condition.

Women, you are the foundation of nations, it is your duty to see your children are A-1. and only can this be if the parents are in a healthy state. What a great responsibility rests with the mother during the nine months prior to the birth of the child, when the mother's own bloodstream circulates through the body of the unborn child, and if this very fountain of life be full of impurities and toxic waste the harm done to the child may be most injurious.

The secret of health is the preservation of all the organs of the body in a natural condition; if any one of the important functions which these perform are impeded or disturbed as previously outlined, a state of unhealthiness is the inevitable result. Too much food, too little food, food

partaken of at improper hours or eaten too rapidly, the wrong type of food such as pork, excess meat or starchy diet and the free use of condiments will quite easily disturb the health of the individual; recourse is then found necessary to a medicine to assist in the elimination of the excess waste products, and also to tone and restore to a natural and healthy condition the organs that are at fault. There is no better medicine in the world to achieve this end than the non-poisonous Herbs of nature.

The diet of food is all important at such times as this. It is not my intention, however, to delve into the subject of proper choice of foods as this has been very ably dealt with by Mrs. Sidney Wilmer and other writers on diet in the last few issues of this magazine.

#### A Good Lotion

I would here like to state that although the applications of artificial beauty-aids are detrimental to a healthy functioning of the skin, as an organ the skin needs attention by both internal and external medication. Externally as a cleansing astringent lotion I can recommend the application twice daily of the distilled extract of Witch Hazel leaves and Rose Water. In cases of rough, dry skin the possible effect of wind and rain, take Almond Oil one part, the fresh juice of an expressed cucumber four parts; you may also add a little Glycerine if desired. Use this externally as desired.

If constipation exists you might try the following formula, equal quantities:—

Cascara Bark,  
Barberry Bark,  
Blackroot,  
 $\frac{1}{4}$  quantity Ginger.

In a more chronic case add to the above  $\frac{1}{2}$  quantity of:—

Podophyllum,  
Golden Seal.

For internal medication to the skin one of the finest Herbal agents is the seeds of the Burdock; they are practically the only agent known that influences both the oil and sweat glands of the skin. Try the following medicine for cleaning an unhealthy skin of dryness and roughness of blackheads, blotches and pimples:—

Fluid Extract Burdock Seed,  
8 drms.

Fluid Extract Yellow Dock,  
2 drms.

Fluid Extract Poke Berries,  
1 drm.

Fluid Extract Clivers, 2 drms.

Fluid Extract Podophyllum,  
30 drops.

Distilled Water to 8 ozs.

Dose: Dessertspoonful after meals.

I would prefer though that you placed yourself under the skilled attention of one of our members, who apart from thoroughly investigating the cause of your trouble will put you on the proper food, on Herbal treatment; and on the natural road to health.

If you are tired of your doctor, change him and change the school.

You may do better and you cannot do worse. If you are fool enough to believe the doctor can do anything, then get one and try him or her. When you have

sense enough to know that drugs cannot do your body any good but that food, surroundings, drink and habits will assist your body in recovering your perfect health, then you are coming out into the daylight of common sense and the hope of life is before you.

#### PUTREFACTIVE POISONS

A sound body cannot be maintained with unsound materials, and bad dieting will exact an inevitable penalty in a general lowering of the tone of the whole constitution. Much of the "lack of grip," failure of energy and spirits, which are so prevalent, especially among young wage-earners today can be distinctly attributable to this cause. Coupled with malnutrition in the great majority of cases is some degree of intestinal self-poisoning. The "refinement" of civilized food-stuffs robs them of their bulk-producing elements (as well as the vitamins and mineral salts necessary for the sound maintenance of the gastro-intestinal tract), and constipation is the sequel. This means putrefaction in an organ where putrefaction was never intended by Nature, and the generation of harmful poisons which, absorbed into the bloodstream, vitiate the health of every cell unit in the body. Chronic constipation is causally related to chronic dyspepsia, stomach dilatation, chronic appendicitis and colitis, and these morbid conditions are well recognised factors in the production of general debility.

From "New Health," London, Eng.



HYSSOP

HEDGE HYSSOP

### EYESIGHT SAVED BY HERBS

On November 11th, 1938, I wakened up with the feeling that there was an eyelash in my left eye, but on examining it I was surprised to find that there was nothing to show what was causing the discomfort. I did not think much about it as the discomfort was practically negligible.

After a few days I noticed that my eye was becoming sensitive to light and my eyelid was slightly swollen and sore. It was then that I found a small lump underneath the lid, which a few days later was the size of a small pea. By this time the white of the eye was bloodshot and the lid quite painful.

I went to see my doctor, who said I had got a stye and gave me some drops to put into it, telling me also to bathe the outside of my lid with hot boracic lint. We now come to Thursday, the 24th

of November, with my eye very red and swollen. On that day I could see normally, but the next morning I noticed that the lump under my lid had subsided but there was a very definite mistiness in my vision. By Sunday I was practically blind and went back to the doctor. He told me that it was merely inflammation that was causing lack of vision and said perhaps the drops he had prescribed for me were too strong and I diluted them as instructed.

On Wednesday, the 30th, my eye was one red swollen mass and feeling that I would like another opinion I went to see my optician. He looked at it for about two seconds and told me to go and see a specialist straight away as I had a very serious eye.

Well, I fixed an appointment that evening for 6 p.m. with an eye specialist reputed to be the best in the district. He examined it thoroughly and said that he would like me to go into a nursing home at once for various tests. He said that the stye was a sheer coincidence and that I should have gone blind in any case. His opinion was, that it had come about through a constitutional complaint, most likely hereditary, and asked me whether any of my family had suffered from tuberculosis or venereal disease.

I was in the home for one week, during which time I had a blood and skin test and special treatment for my eye, being hot water bathing every four hours and atropine ointment squeezed into the eye. At the end of the week I went home, there being not the slightest signs of any stye, but

my sight was still useless and the eyeball very red and inflamed.

The result of the blood test was "negative," but the skin test showed the presence of tuberculosis as the specialist had told me. It was only an assumed diagnosis, he told me, not being prepared to say anything definite, and advised me to take a course of tubercular injections to cure my complaint. When I went back home I saw a doctor who disagreed with the specialist's diagnosis and said it was not tuberculosis but he recommended I take tubercular injections like the specialist.

On seeing the specialist next time I tackled him on this adverse opinion and he then told me that it would have been more serious if the skin test had been negative, as all persons should show a positive reaction. What was I to think? After upsetting me by saying it was most likely tuberculosis he practically tells me in the next breath that it is not, but still, is not prepared to express any other opinion.

Time went on with me still using atropine, but refusing the injections. I was still off work and very run down, with my eye as good as artificial. It got to just after Christmas and in desperation I decided to consult a Herbalist in Bradford, and I have thought many a time since what a fool I was not to have seen him in the first place. He told me straight away that I had had wrong treatment altogether.

His opinion was that I had had an ulcer which had subsided and gone into the back of my eye, and poisoned it, leaving a dense opac-

ity over the pupil. He said it should have had an eye bath as soon as I discovered the ulcer. In fact he told me that everything would have cleared up inside a week if I had given it an eye bath of milk or Herbs from him.

This was the first time the words "ulcer" or "eye bath" had been mentioned since November. He told me to cease using atropine and refuse all injections. He gave me some Herbs for an eye-bath and some to take as a tonic, warning me, however, that it would be a long time before my eye healed as there was a deep-rooted poison patch which had become chronic on account of the time it had been left alone. Up to the time I saw the Herbalist I had had no pain except for one day in December lasting about two hours.

I used the eye bath three days and the poison started moving a little. The pain was almost unbearable, and on the fourth morning my eye was stuck down with yellow discharge; about a quarter of a teaspoonful. It was then about January 1st—nearly two months since it started—and discharging for the first time. I was still under the specialist as well for unfortunately my firm would not accept a Herbalist's certificate of fitness. Before seeing him I had to put some atropine in my eye to make the pupil dilate so that he would not know I had stopped using it. I do not like deceiving people like this, but what could I do when I needed his certificate. After using the Herbs for ten days I saw the specialist and his first words were:

"Your eye has made progress for the first time," which it had, of course. I could see his fingers separately from about six feet, a thing I could not have done ten days before. I told him my eye had discharged and he was most surprised, but adding that I had probably caused a small stye with the hot water.

My sight naturally was not as good without the atropine on account of the pupil going back to normal size, the patch then covering all the pupil. I saw him one week later and my sight had improved more. He could not understand this improvement and I think he had an idea then that I was using something other than atropine. He examined my eye most thoroughly and said he could not see anything to cause discharge, but went on to say that perhaps there was something there and gave me a prescription for an eye bath. Needless to say it was thrown into the fire.

I went back to work the middle of January, and finished with the specialist. Each morning my eye was filled up with matter and my sight improved. The cornea became whiter and my eye less sensitive to light, although I was fairly heavily bandaged for most of the day. My health improved rapidly under the Herbal tonic.

After six or seven weeks my eye was no different to look at than the other one, except for the white patch over the pupil. By April I had reduced the covering to an eyeshade only, and could focus for the first time, that is to say, the patch was so thin that I could see through it. The nucleus of the patch was still very dense,

however, but it was very small. By the end of April I uncovered my eye for good, and day by day the muscles strengthened.

At the time of writing this, there is just the suspicion in my sight that it is a foggy day but otherwise it is good. The iris is clear and bright, and what is more the white of my eye is clearer than the good one. The only trouble now is the dense nucleus which is taking time to diminish. The Herbalist tells me it will be a long time but it will eventually clear up. The Herb I am using is Hyssop, which I scald night and morning to make an eye bath.

In conclusion may I say that in my opinion the Herbalist has saved my eyesight. Let any person ask himself this question: "If I had a septic finger or a septic toe and it never had attention for five weeks, what would be my chances of retaining the use of that member?" Either the arm or the leg would be amputated, or at least a scar for life where the wound had been. The sooner Herbalists are nationally recognised the sooner shall we get to the root of these so-called incurable diseases.

**The Indian Household Medicine Guide**, first published in 1882. This remarkable work contains the Indian remedies, secrets obtained largely from the Indians—and popular in those earlier days of our country. It is noteworthy that many of these remedies are still in use by the profession—which alone should prove their worth. This book is reprinted with a cheap paper cover to get the price down so every family can own one. It is a word-for-word reprint of this earlier price. You will not be disappointed. Price only 25c. Cloth bound, 50c.

### IODINE FOR HEALTH

Next to sunshine, iodine is the most important element in our life. Without iodine we could have no growth, and we would be a nation of cretins and dwarfs. In Sweden today there are more than fifty thousand cretins due to a lack of iodine in the food of prospective mothers. Sweden has corrected this by adding iodine to her food supply, thus minimizing the birth of cretins. In the northern part of the United States and sections where the soil is short of iodine, we have thousands of cases of goiter—all of which could be eliminated or in large measure minimized by the addition of iodine in our food. Iodine promotes the activity of the thyroid, which in turn increases metabolism and physical growth. Where a deficiency of iodine exists in the daily dietary, abnormalities arise in connection with our skin, hair and nails. Without iodine our glandular system cannot function normally.

### FEMALE HORMONE IN BITUMINOUS COAL FROM SHANGTUNG PROVINCE

By T. H. Tang, W. C. Wang and C. C. Peng

The study of female hormones becomes more and more intensive, as its clinical applications in the treatment of diseases of women become more and more important. The sources of the female hormone are urine of pregnant and non-pregnant women, urine of pregnant mares, corpus luteum, placenta, etc. But several workers have reported that extracts of various plant products contain the active substance.

Walker and Janney reported positive results with extracts of elder leaves and catkins, willow catkins, sprouted oats and rhubarb leaves. In a recent publication, Butenandt isolated an active substance from palm leaves. Plants are considered to be the origin of coal, and the latter might, therefore, still contain some active substance from the original plant.

From "Journal of the American Pharmaceutical Association."

### HOW GALL STONES ARE FORMED

One of the constituents of bile is a substance known as cholesterol. This is capable of crystallisation under certain adverse gastro-intestinal conditions. Whenever there is marked abdominal stasis, impacted bowels and a septic state of the upper reaches of the intestines the normal colon germ, or bacillus coli, may be forced along the bile duct into the gall bladder. When this happens these germs are liable to act as foci or centres around which cholesterol can crystallise. Thus are gall stones created. The presence of these stones is apt to give rise to a variety of direct or indirect symptoms inducing serious ill-health.

If the stones obstruct the free flow of bile through the duct they induce the symptom known as jaundice. Even when the flow of bile is partially obstructed it may give rise to unpleasant nervous symptoms. The bile becomes forced into the bloodstream. The skin becomes yellow, the eyes inflamed and the face often disfigured with black spots.

From "Health and Life," England.

### NATURE PULLS TEETH

The adventurer or nature lover, traveling in Cuba, never has to look up a dentist in order to have a tooth extracted, unless he is one of those thoroughly modern chaps who detest natural methods. Nature has provided a way that saves dentist bills and pain, too. The only requirement is that the tooth must have a hole in it. Into this hole there is packed some sawdust of the Guayacan, or Guiacum tree. In the course of a day or two the tooth may be very easily extracted with no other aid than the fingers and completely without pain.

Russell Raymond Voorhees.

Sent on by Mrs. M. Murphy, Mays Landing, N. J.

### MORNING HEADACHES

If you have early morning headaches that hit you over the eyes and wear off during the day, if you experience pain in the lower half of the head that almost drives you crazy in the afternoon, or if the whole top of your head seems about ready to blow off, seek out a nose and throat specialist for a thorough examination of your nose and sinuses. These are pains very suggestive, indeed quite typical, of sinus infections. The frontal sinuses (over the eyes) fill up during the night, and hurt; then, on rising, they may slowly drain out, relieving pressure and, with it, the ache.

Infections of spaces deeper in the bones of the nose (ethmoid or sphenoid cells) refer pain to the top or, perhaps, to the lower half of the head. The sinuses just under the eyes are very commonly

infected (antral disease)—sometimes both, sometimes only one. If only on one side, the pain will be restricted to that same side, and is often referred to the ear or behind the ear. It pays to take care of these infections early.

### APPLE POWDER vs. LEAD

Something in apples, probably the pectin, absorbs lead, such as found in lead arsenate spray, and keeps the lead from being retained in the body when eaten with apples or apple powder, it is claimed as a result of experiments announced by J. B. Shields, Prof. H. H. Mitchell and Prof. W. A. Ruth of the University of Illinois.

This will be taken to mean that there is no need to worry over possibility of lead poisoning from eating the residue of lead arsenate spray along with sprayed apples, but the Illinois investigators stated emphatically that no sweeping conclusions should be drawn as their investigations were not made on the poisonous effects of lead but only on its retention as affected by constituents of apples.

The studies were made on rats that were fed diets containing various combinations of apple powder and lead arsenate and also diets containing lead arsenate without apple powder. As more apple powder was added to the diet, the amount of lead retained in the rats' bodies got smaller. The storage of lead was modified 21 per cent by the presence of 15 per cent apple powder in the diet and 55 per cent by the presence of 60 per cent apple powder in the diet.

From "Science News Letter."

### HATCHING MOSQUITOES

Experiments of the Bureau of Entomology and Plant Quarantine, U. S. Department of Agriculture, indicate that mosquito eggs can't hatch without dead vegetation.

Mosquito eggs, of certain species at least, do not hatch well in "plain" water, but require the presence of chemical compounds that are produced by dead vegetation, three U. S. government scientists report.

The three researchers made this discovery while working with the eggs of mosquitoes which they tried unsuccessfully to hatch in ordinary tap water. They then tried them in infusions of dead leaves and grass, and obtained much larger hatches.

### WHERE DOCTORS ARE UNPOPULAR

"Yarb" doctors, coupled with a peculiar notion of Ozark Mountain folks that they can take care of most of their own physical ailments, have made the practice of medicine unpopular and unprofitable in the hill country of southwest Missouri and northwest Arkansas.

The real Ozark natives never "set much store" on what a physician could tell them "outen a book," anyhow. They have for generations used the roots and herbs—"yarbs," as they say—found on the hillsides, and minerals found in spring water to keep them well. Many Ozarkians believe that to cure a skin eruption you must use the stagnant water from an old tree stump, bathing the flesh at frequent in-

tervals therein. Catnip tea cures colic, sassafras tea is an efficient blood tonic, mullein leaves are used for asthma, pumpkin seed eradicates tape worms, rhubarb leaves are an excellent laxative, and apple-tree roots are good for a torpid liver. Slippery elm bark is the remedy for intestinal or stomach disorders, a mixture of dew and buttermilk clears up pimples, while the sap from a wild grape vine makes hair grow again—so the mountaineers maintain.

Some "yarb" doctors, it is said, cool a fever by the laying on of hands, or draw out the sting of a burn by blowing upon the wounds. Others attempt to bring relief to youngsters afflicted with croup by blowing in the patients' mouths. Warts are removed by spitting upon certain kinds of rocks and rubbing these upon the warts.

From Mrs. Leonard, San Antonio, Texas.

### HARMFUL EFFECTS FROM THE HABITUAL USE OF SALT

According to Torindo, the excessive use of salt is a cause of Bright's disease. It is well known that salt increases the amount of albumin in cases of this disease.

In the case of a man who died after taking a large dose of salt, marked changes were found in the kidneys, which leads to the conclusion that the habitual use of salt in excess may lead to chronic renal disease. Bunge called attention to this important fact many years ago.

### "SPRING GREENS" FROM WEEDS RICH IN VITAMIN C

The pioneer great-grandmother's "spring greens," made from all sorts of wayside weeds, were better than spinach when it came to providing vitamin C, it appears from a study reported ("Science," August 18) by Prof. R. C. Burrell and Miss Helena A. Miller, of Ohio State University.

Prof. Burrell and Miss Miller analyzed 15 kinds of weeds that have been used in cooked greens and salads, and found that most of them are superior to fresh spinach. Milkweed topped the list by far, with 6.556 milligrams of ascorbic acid per gram of fresh weight. Spinach averaged only 0.812 milligrams per gram, in comparison.

Other high scorers included pokeweed, dandelion, watercress, sorrel and (of all things!) skunk cabbage.

From "Science News Letter," September 2, 1939.

### MOON, SUN HELP RELEASE PENT-UP VOLCANIC ENERGY

New evidence of the moon's intervention in earthly affairs is presented by Dr. Frank Perret, research associate of the Carnegie Institution of Washington, as part of a new publication of the Institution, "The Volcano-Seismic Crisis at Montserrat, 1933-1937."

Studied intensively for four years by Dr. Perret, this small volcanic island in the British West Indies showed a high degree of correlation between the occurrence of local earthquakes and gas eruptions and the positions of moon and sun.

Earthquakes came most frequently, and abnormal gas eruptions were most likely to occur, near the times when sun and moon were in opposition (on opposite sides of the earth) or in conjunction (in line on the same side of the earth).

Dr. Perret does not believe that these are direct effects of the gravitational pull of sun and moon on the earth, setting up tidal strains in the solid rocks of its crust, but that these strains, added to strains already accumulated through volcanic forces at work below, finally play "last straw" roles and release the pent-up geophysical energies.

From "Science News Letter," April 13, 1940.

### DOES VITAMIN "C" PREVENT INFECTION?

Dr. James M. Faulkner and F. H. L. Taylor, Ph. D., of the Harvard Medical School, report in the "Annals of Internal Medicine" that infections increase the need of vitamin C. They compared two groups of subjects. The first were individuals free from infections; the second were patients with various infections such as pneumonia, tonsillitis, rheumatic fever, tuberculosis, bronchitis and malaria. All had been eating fresh fruits and vegetables, yet the second group had only half as much vitamin C as the other.

In a case of tuberculosis two hundred milligrams of vitamin C per day were required to keep the vitamin C at normal levels, as against about sixty milligrams needed for a well person.

From "Good Health," Battle Creek, Mich.



**WITCH-HAZEL**

By H. Darwent, M. N. A. M. H.

A Chilblain (Erythema Pernio) is an inflamed condition of the skin. It affects the hands, feet and sometimes the ears. It only occurs in persons with defective circulation or a poor state of health, who find the trouble apparent when wintry conditions approach.

**Symptoms.**—The skin, usually of the toe, the outer side of the foot, the fingers or side of the hand become blue or purple and very irritating.

**Blebs**—containing a thin yellow fluid—may form on the inflamed surface and are very painful. Later these blisters break and leave an ulcerated surface often difficult to heal.

**Treatment.**—Good food, tonics, exercise, and warm clothing are necessary to improve the patient's general health. Avoid manufactured and "fancy" prepared food. Include plenty of salads (especially watercress), vegetables, apples and oranges in the diet and a generous supply of milk, eggs and butter should be given if tolerated by the stomach.

The following is a good general tonic for the circulation:

1 oz. Centaury.

½ oz. Witch Hazel Leaves.

½ oz. Blessed Thistle.

¼ oz. Marigold Flowers.

Mix well and boil the above in 2½ pints of water for five minutes. Strain when cold and take a wineglassful after each meal.

### External Treatment

In the first stage, i. e., when the skin is painful, swollen and irritating—but not broken—an application of Compound Tincture of Myrrh is most effective. If you cannot obtain this locally use ½ oz. Tincture of Myrrh and ½ oz. Tincture of Cayenne, mixed. Rub the inflamed parts gently with the tinctures several times daily. It will soothe the irritation and subdue the swelling.

Should the skin be broken and ulcerative the tinctures are not then advisable. Use Slippery Elm poultice and apply it three or four times daily. When the inflammation and ulceration is removed, Marshmallow Root ointment may be applied to heal the surface.

Another type of defective circulation and skin disease of the same group is Erythrocyanosis or Acrocyanosis—a blue or purple colour of the extremities.

This condition is almost exclusively confined to young girls and women. As a rule the patients are fat and phlegmatic with large bones, thick ankles and a chilblain circulation. Their reaction to treatment is slow.

**Symptoms.**—The lower parts of the legs and ankles are unshapely, swollen, feel cold to the touch and are bluish red or dark blue

in colour over a large area. Chilblains develop later.

Warm woollen stockings and anklets should be worn, vigorous exercise is beneficial but long periods of standing should be avoided. Owing to the excessive amount of sub-cutaneous fat, a liberal diet of milk, butter and eggs is not advisable in these cases. With that exception the treatment is similar to that indicated for Chilblains. Persons predisposed to above named troubles will find great aid and possibly a cure by well massaging the arms, legs and feet each morning and evening using for the purpose a towel of substantial quality.

#### EVIL EFFECTS OF DRUGS

By Dr. T. Robertson, Glasgow

Dr. T. Robertson, of Glasgow, in the "British Medical Journal" of December 5th, 1936, says: "The statement that bromides are responsible for a preventable quota of admissions to mental hospitals and much chronic ill-health is damning enough against our profession; but when we consider that not only bromides, but many other drugs can, and do, lead to chronic ill-health also, the situation becomes deplorable. Drs. Barbour, Pilkinton, and Sargent have shown the dangerous symptomatology resulting from a prolonged administration of bromides. The identical symptomatology exists in "Allen's Materia Medica," and there is, therefore, so much reason to believe that this author is trustworthy. But when we turn up in Allen the symptomatology of the administration of iron, opium, arsenic, nux vomica, phosphorus, bismuth,

iodine, iodites, sodium bicarbonate, magnesia, alumina, sulphur, belladonna, and many others which are in regular and prolonged use by physicians, we find innumerable pages of grisly facts showing that the use of these drugs is also followed by symptoms in all respects as alarming as those caused by bromides. If Allen is correct—and clinical experience shows that he is—the medical profession is only now beginning to understand the enormity of administering drugs in crude doses to the human body.

From "Health and Life," England.

#### GIGGLING BACHELORS

Two Kenosha (Wis.) bachelors, Peter Latoza, 42, and Tony Reikis, 50, picked and ate some jimson weed seeds they found in the Latoza back yard one evening recently, says "The Milwaukee Journal. One hour later they were giggling violently. They reeled into a tavern. The tavern keeper called police. The police thought the men drunk, too, and took them to the station, where their hysterical giggling turned to illness, accompanied by violent actions.

Puzzled, the police hurried them to St. Catherine's Hospital, where they became even more violent, says the writer, who asserts that it took Dr. J. N. Pait, two policemen, two nurses, two strait-jackets and a stomach pump to restore them to consciousness.

"The jimson, correctly nicknamed the 'giggle weed,' belongs to the nightshade family and is a cousin of the potato, the tomato and the tobacco," the writer

explains. "When Captain John Smith and his Jamestown colonists ate it more than 325 years ago they, too, acted intoxicated, giggled madly and had hysterics," says Albert M. Fuller, public museum botanist. "The 'Jamestown weed' of that day has since been corrupted to 'jimson'."

**Editor's Note:** Jimson weed is very poisonous.

#### EVERGLADES INDIANS CURE X-RAY BURNS WITH HERBS

BALTIMORE, Oct. 17 (A.P.)—Successful cure of X-ray burns by application of an herb used by the Seminole Indians of Florida has been reported here.

Dr. C. E. Collins and his son, Creston, of Crestfield, Md., described the efficiency of the herb in treating burns either from X-rays or fire, in a paper read before the Radiological Section of the Medical and Chirurgical Faculty here.

Members of the faculty said the curative powers of the plant should be submitted to an "investigation," as the only effective cure of X-ray burns at present is by skin grafting.

The younger Collins said he discovered the healing qualities of the plant while living on the edge of the Everglades last year.

He said the Seminole Indians in that area had long used applications of the leaf of the "Healing Aloes," a large, green, cactus-like plant, to cure fire burns.

**Editor's Note:** We have a few of the plants, which we sell for decorative value as a house plant at \$1.00 each.

#### OLD-FASHIONED REMEDY IS GOOD ONE

Experiments with an old-fashioned remedy which has long been discarded as of no particular value showed it to be capable of relaxing cramps in certain of the body organs, it was brought out in a report by Dean A. Richard Bliss, of Howard College School of Pharmacy, Birmingham, Ala.

The drug is *Potentilla anserina*. It grows as a common weed everywhere, but Dr. Bliss had to send to Germany to get it in prepared drug form. Experiments on animals brought out its almost forgotten value.

From "Science News Letter," September 2, 1939.

#### PECTIN USED FOR ULCERS

Pectin, the stuff that makes jelly "jell," is the base of a new type of medicated paste that is having great success in the healing of bed sores and stubborn ulcers, Dr. Bernard Fantus and H. A. Dyniewicz of the University of Illinois Medical College told the meeting.

#### CANCER

That luxurious and artificial modes of life favor the development of cancer is clearly shown by the almost entire absence of the disease among wild animals and wild men. Cancer is practically unknown among the millions of vegetable-feeding animals and men of Central Africa. Carnivorous, or meat-eating animals, are especially susceptible to malignant disease. At the Mayo Clinic, it has been shown that of dogs ten or twelve years of age, three out of four have cancer.

From "Good Health," Battle Creek.

### THE DEVIL'S SHOESTRINGS

*Cracca virginia* is a wild pea with long slender roots called the devil's shoestrings. Farmers have been hoeing it up. Now we are told that Dr. W. W. Skinner of the Bureau of Chemistry and Soils has found that the shoe-string roots contain rotenone—the juice used in washes and sprays, for which farmers have been paying Hindus \$10 per half pint. Without it greenhouses would not be green, sap-sucking insects would help themselves to garden truck and fleas would frolic in our homes. Seeing that bees and other insects avoided the wild pea, Dr. Skinner began experimenting and finally discovered the insecticide, which is deadly to pests but non-injurious to man and grazing animals. One gallon of pure rotenone makes about 800 gallons of spray.

From "Los Angeles Times."

### TURKEY MULLEIN

*Piscaria setigera* Piper, also known as Turkey Mullein, a member of the Euphorbiaceæ, is an annual, low, heavily scented, hoary throughout with a very dense stellate pubescence; the stems are much branched from near the base, the branches mostly procumbent, 15-60 cm. long. The leaves are alternate, entire, ovate, petioled without stipules. The flowers are small, in axillary clusters, without an involucle, diocious or monococious; the calyx of the staminate flowers is 5-6 parted; of the pistillate, none; stamens are 6-7; the receptacle is hairy and the ovary has 4-5 glands at the base, 1-celled, 1-

ovuled, densely pubescent. The capsule is 2-valved; the seeds smooth and shining, 4 mm. long. The herb is found growing profusely in dry ground from the Columbia River to Southern California.

The Indians are said to have used the plant as an arrow poison and to stupefy fish by throwing the herbage in the water, hence the name Piscaria (i. e., belonging to fish). It has also been stated to be of value as a carminative and febrifuge. Our attention was called to the herb because of a reputed value for the treatment of asthmatic conditions by the Indians of the Northwest even at the present time. The most common method of use for relief of this condition was to sleep upon pillows which contained the herb as a filler.

### COLD WATER TREATMENT FOR BURNS

It has long been known that frostbitten extremities should be rubbed with snow or cold water. If the affected tissue is thus thawed out gradually, there is less pain, less swelling and less gangrene. In burns the histopathologic changes are very similar to those after frostbite. Therefore it has been reasoned that cold water might also be efficacious in the initial treatment of burns. This method was tried on a number of patients in the Kings County Hospital, Seattle, Washington, and the results are described by Dr. Hilton W. Rose in "Northwest Medicine." The death rate from burns was reduced more than one-half under the system of cold water applications.

### COLITIS

By J. Milton, N. D., D. O.,  
M. N. A. M. H.

There are two forms of Colitis—MUCOUS COLITIS and ULCERATIVE COLITIS. The name means inflammation of the colon or large intestine. This large intestine or bowel is lined with a very sensitive membrane. It is when this delicate MUCOUS MEMBRANE has been subjected to a prolonged and constant irritation that it breaks down and the inflamed condition, or COLITIS, is set up. The cause of this irritation is generally CHRONIC CONSTIPATION and the constant use of PURGATIVES.

The symptoms of MUCOUS Colitis are colicky pains, dyspepsia and flatulence and, of course, Constipation. The mucus passed varies. Mostly it is pieces that may be mistaken for segments of tape worm. Often the thick pieces voided bear the markings of the folds of the bowel. A continuous discharge of mucus of a semi-liquid slimy nature is more a catarrhal condition of the bowel and should be treated as such.

It is often asserted that Colitis is brought about by eating foods generally regarded as "roughage." This is not true as neither fruits, greens nor vegetables will CAUSE this trouble. As a matter of fact these kinds of foods are necessary to build up the body, including bowel tissue. What, however, does very often happen is that people who have long suffered from Constipation of a chronic nature have recourse to taking drastic purges. What with the hardened faeces remaining in the

bowel to irritate and the purge whipping up a devitalised organ inflammation is set up. If an undue amount of roughage in the way of wholemeal bread, greens, vegetables and fruits is then taken the whole business is put down to such foods. The original CAUSE is not even mentioned. With such a condition of either mucous colitis or ulcerative colitis it would be folly to go straight on to such foods.

The method to be adopted in an effort to correct the trouble must first be based upon cleansing the bowel of any effete matter without resorting to purges. It must also be done in such a way that the damaged and inflamed mucous lining must not be further impaired but soothed and allowed to heal. In addition it must also be treated in a "PREVENTABLE" way. That is to say that the mode of living which caused the trouble must be stopped. A correct way of feeding and exercise must be followed so that a Natural action of the bowels takes place and so all the things leading up to colitis, in every form, are prevented.

In the treatment enemas play an important part. For this reason many persons object to the treatment chiefly because they think that these injections must be given by a second person, or if self-administered, they are difficult. It is not necessary for any second person to administer the injection, nor is it painful or awkward if a Gravity douche is used. This is a Rubber bag with a long length of rubber tube. All that is necessary is for the patient to fill the bag with the nec-

essary liquid, hang it up on the wall, kneel down and insert the nozzle to which is attached a little tap. The rate of the flow is easily regulated by pressure of the finger on the rubber tube. Why so many object to such simple treatment is beyond comprehension, unless it is that they are not really aware how clean and simple a method it is. Without doubt it is preferable to long treatment by drugs, vaccines and later operations.



MARSH MALLOW

The treatment proper should commence by three or four days' fast. For this take a drink of water every two hours, seven or eight times a day. Some prefer the juice of an orange with or without water, instead of water only. For Colitis water only is best. Each night the bowels must be washed out with a quart of water at body heat. Where the surface is very ulcerated, the douche should contain the water in which half an ounce of Slippery Elm cut bark and half an ounce of Marshmallow root have been previously simmered for

twenty minutes. If there is not a distinct improvement at the end of the three days carry on another couple of days. During this period a little palpitation, slight dizziness, headache and coated tongue can be expected, but do not think they are adverse symptoms. They show the amount of toxins in the body.

When some improvement is definitely seen in the few days' fast, then the next step will be easy to follow. Diet should be as follows:

**Breakfast.**—Fresh fruits, half-pint of raw milk.

**Mid-day Meal.**—Salad, Wholemeal bread, Butter.

**Evening Meal.**—Steamed greens and vegetables, a lightly poached egg or a little lamb or nut dish. Baked apple or stewed fruit.

No salt to be used in cooking or taken with meals.

If the bowels do not function after two days on this diet use the enema again and every second day until a natural movement is established.

There may be some little pain experienced after the salad, but this may be expected until the bowels have been re-educated in their natural functions. To prevent any undue distress the number of kinds of foods at one meal should be kept as low as possible. For instance, instead of having lettuce, watercress, carrot, mustard and cress at one salad meal, just take lettuce. Another day take watercress. Later add a little of a second or even a third food and you will soon find yourself able to deal with a good combination of foods that will do you good.

Night and morning the body should be rubbed down with a dry towel. This not only assists in elimination, but helps the circulation and is good exercise.

After a month repeat the whole thing again, starting with a short fast.

The following herbs will be found useful but must NOT be taken whilst the short fast is in progress.

Marshmallow root, Slippery Elm bark, Butternut bark and Black Root—of each half an ounce. Soak overnight in a quart of water. Simmer for twenty minutes and strain.

**Dose.**—Wineglassful three times daily.

#### KNIFE YIELDS TO DIET IN CURE OF GALL STONES

**Second Oldest Surgical Operation On Way Out, Doctors Hear; Vitamin 'A' Factor**

CLEVELAND, O., June 15.—(A.P.)—The second oldest human operation, whose scars are found on Egyptian mummies, is on its way to retirement and replacement by a painless diet announced today to the closing session of the American Medical Association.

The operation is for stones in kidneys and bladder, called calculi, one of the most painful ills. Its surgery records are antedated only by the skull operations done with sharp stones by prehistoric man.

The new diet is not announced as a cure, despite the fact that it has been in use on human beings

at the Cleveland Clinic for two years, with a large measure of success.

Charles C. Higgins, M. D., of the clinic, made the report. The idea came from experiments on albino rats. Diets deficient in vitamin A produced the stones in these animals. Rich vitamin A feeding, particularly with cod liver oil, dissolved the stones.

#### Eighteen on Diet

Eighteen human beings have taken the new diet at the clinic. Some of these had been operated upon and the diet mostly prevented the formation of new stones, which often follows these operations. Where new stones formed, the diet got rid of them without further operation.

More significant were seven patients without operations. In two the food caused complete disappearance of the stones in four months. In two others, with large stone collections, thirteen months of the diet has produced a definite decrease in size.

A fifth patient with a stone completely filling one kidney became rid of most of it in six months.

#### VITAMIN A MOBILIZED WHEN DOGS GET COCKTAIL

A couple of strong cocktails help to make vitamin A available to the tissues of the body, it appears from research reported by Drs. Samuel W. Clausen, William S. Baum, Augusta B. McCoord, John O. Rydeen and Burtis B. Breese, University of Rochester School of Medicine and Dentistry. ("Science," March 29.)

The investigations were made on dogs, who got their cocktails—about two ounces of alcohol in a 20% water solution—by stomach tube. The amount of vitamin A in the blood serum of the dogs promptly increased, the maximum concentration being reached seven hours later for one dog and 24 hours later for the other.

These and other experiments showed the Rochester investigators that alcohol is the best of many substances so far tried for mobilizing vitamin A from its storage place in the body tissues to the blood for distribution throughout the body. This vitamin is believed to be stored in the liver. The Rochester scientists think their findings will lead to development of methods for study of vitamin A reserves in the body and also of liver function.

From "Science News Letter," April 13, 1940. Subscription \$5.00 per year.

### CINERARIA MARITIMA

#### A Remedy in the Treatment of Cataract

Cineraria Maritima, a single individual of a numerous genus, is found widely distributed over many parts of the world. It was known from earliest times that, in common with other members of the same family, it contained an acrid juice, but up to quite a recent date no attempt was made to introduce it into general medical practice.

At the same time there is evidence that the plant was not alto-

gether overlooked, and by the people at least in some tropical countries the juices acquired a reputation for the treatment of a very troublesome and obstinate affection of the eyes, namely, cataract.

Of the nature of this well-known disease it is unnecessary to say much here; broadly considered it consists objectively in the deposition of opaque matter in the crystalline lens or its capsule. The principal effect of this condition—which is also regarded as the result of structural changes in the parts of the eye mentioned—is, of course, a more or less complete loss of sight.

It is acknowledged generally that the effective treatment of cataract lies in one direction only,—that of surgery; with but one remedy,—the knife. Nevertheless, as might have been expected, other means have been frequently employed; unhappily, with little or no success.

No little interest was therefore excited by the publication of a letter from R. Mercer, M. D., Port of Spain, containing an account of the marvelous effects of the juice of Cineraria Maritima upon a cataract from which he personally suffered. The disease first manifested itself by producing a slight impairment of vision, and subsequently turned out to be of the kind known as "soft lenticular." It gradually grew worse in both eyes until, fourteen years after the first appearance of the affection, when the left organ, which was the better of the two, was operated upon, but without success.

As time went on the doctor's sight became still worse; he was strongly urged to try the juice of Cineraria Maritima by friends who related cases in illustration of its virtues. Having nothing to lose, as he was now totally blind, he made a trial of the remedy, instilling two drops of the juice into each eye three times a day. On the fourth day a faint glimmer of light was perceived by the right eye, and two months later Dr. Mercer could discern figures and even faces under a good light, as well as the hands of a watch by means of the same organ.

The left eye, which as already stated had been operated upon, did not improve so fast. The change produced by the use of the Cineraria Maritima juice consisted in a gradual dispersion of what always seemed to be a curtain of impenetrable darkness; perception of light and unmistakable vision were gradually restored, so that after three months' use the hand could be discerned, and the separation of the fingers, when held before the eyes.

After the publication of this letter the drug was similarly employed by other medical men.

Other instances of similar and even more astonishingly favorable results have been often reported since, and the reputation of the remedy seems to be quietly but surely spreading and asserting itself. Numerous testimonials have been volunteered by grateful patients in England, and the increasing demand from many parts of the United States would apparently indicate successful applications here.

### LICK CANCER WITH HONEY

"War on Cancer" or that dreaded disease Cancer that is eating the heart and soul out of the people, that disease that speaks terror to so many human hearts. I just dreaded even the mention of Cancer. I had such a fear I never could get over the effects for quite a while at a time. I have not felt that way now for a number of years, that fear is gone, and no one will have to fear that terrible disease any more for I have found a sure cure for Cancer or any sore that medicine cannot heal. A cure that will kill a Cancer entirely so that the Cancer cannot eat any more but it will keep on healing until it entirely disappears or sloughs away. One man was chuck full of Cancers, they are passing now and still more to pass; also a number of others are getting well. I just found this out recently through a bee keeper that is supplying their need. I know of Cancer and Ulcers of the stomach that were cured, one man had a sore throat and the doctors could not find anything that would heal it. After all had failed, the doctor told him to try honey and that cured him.

Honey is one of the best medicines in the world. The dark honey is the best for Cancer. For Cancer of the stomach or Gastric Ulcers or Ulcers of the stomach, if you can drink milk, stir in a teaspoonful of honey to a glass of milk. You can take that amount every two hours, in a day or so keep increasing the amount of honey until you can take a tablespoonful at a time. You can take the honey clear or in the

milk. And for Cancer anywhere else in the body eat one gill, that is one-half cup of honey three times a day. Now if one cannot eat the whole amount at each meal, just measure out one and one-half cups of honey and take it in tablespoonful doses; in that way you will be getting the full amount each day.

Now don't be mixing honey with other medicines; honey is all that is needed, unless there is acid in the stomach. In that case please write me at once for honey cannot overcome that acid. I have made a discovery that checks that acid so that honey can do its duty. My Aunt ate only the honey but with me I had to find out something that would stop that acid. So self-experience is the best teacher. If I had known what I do now, I would have started this sixteen or seventeen years ago. I have been through this myself; I am living, so is my Aunt, two living testimonials, so please take just as directed and it won't be long before the Cancers and Ulcers are dead, how long one will have to eat honey remains to be found out. I would not stop eating it less than a year or two, those with the Cancers on the outside will decide the length of time that one will have to eat it. If I did not know this to be true, I would not try to get the whole world to know of this cure. Honey has already done what no doctor could do for suffering humanity.

My Aunt was cured of Cancer nearly twenty-five years ago with honey, is still alive and is in real good health, she was 75 years old in July. I saw her the first

of last March and she told me she had not eaten the honey for twenty-four hours until she could see that it had taken effect. Honey cured me of Ulcers of the stomach about eleven years ago. I ate honey about six months. I have not had them since. And it also cured my neighbor of Ulcers of the stomach nearly three years ago. Honey will also build up the blood in no time, it will give one strength and take that tired feeling out of you; it did that for me last winter. I do not know how many this has cured for I have told it to so many. "God's Cure," it was put here in the beginning for the benefit of mankind. May God Bless every bit of honey and Bless every Bee also. This recipe for Cancer only was printed in the "Christian Herald" Paper many years ago. The rest of what honey will do I found out for myself.

Written by Mrs. Sarah J. Neal,  
Fairgrove, Michigan.

#### HOW TO MAKE THE GENUINE OIL OF SWALLOWS

This was the season when our Anglo-Saxon forefathers began to prepare for the many ailments that might occur later in the year. And they handed on their knowledge of the making of remedies from our native herbs so that when we come to that fine period in our history, the Elizabethan, we find the lady of the house paying great attention to her still-room.

Not having any convenient medical herbalist or chemist just around the corner like we might have today, she would have to

collect her own herbs, barks and roots and store them in her still-room. One of the most important items, Oil of Swallows or "Oleum sambuci viride" as the chemist calls it, was given some care in making. How was it done?

The lady of the house would go to the lanes and gather a basket full of the nice green Elder buds, take them home and pack them loosely in a glass jar. Then she would cover them with Florence Oil (best olive oil) and tie over the top of the jar with a piece of bladder or parchment to keep out the dust.

The jar would be stood on a ledge near a nice sunny window where it would get the full rays of the sun. Every day the jar would be turned so that every part was exposed in turn. This routine would be followed every day until the end of September and then the clear oil would be carefully poured off and bottled. When anyone had the earache, a few drops warmed poured into the ear would give instant relief. It was also used for many other purposes, too.

From "The Medical Herbalist."

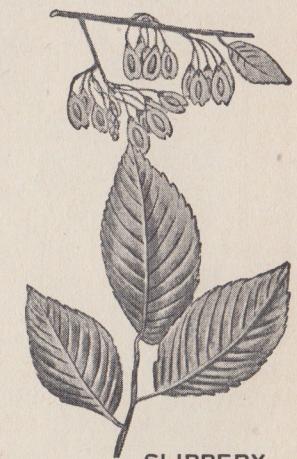
#### BOILS — THE SPRING SCOURGE

By 'Spendrift'

Where are those amongst us who have never experienced or at least witnessed the intense pain caused by boils? They are found in people at all stages of life and it behoves us all to watch the smallest of pimples with a view to taking precautions that it does not develop into a boil. A boil will cause the most amiable of us to become a mass of nerves and

liable to an attack of bad temper where ordinarily we would be quite pleasant.

If we take the trouble to look up 'boil' in our medical encyclopaedia we will find that they are caused by poverty of the blood-stream. In other words, the blood-stream is deficient in some of its constituents due to mal-nutrition, obstruction to the circulation of the blood through the capillary blood vessels, continual mental anxiety and debility. How many of us are there who can truly say that none of these causes is present in our own case?



SLIPPERY ELM

The surest way to prevent boils is to revitalise the bloodstream by means of a correct diet and rest, for in so doing you will build up the nerves and give a healthy outlook on life. If, however, you find yourself with a boil, or furunculus, then repair to the nearest herbalist and obtain four ounces of Slippery Elm (woolly). Mix a good pinch of

this with boiling water until a stiff paste is formed and apply direct to the boil. This poultice must be repeated every hour until suppuration sets in and then every two hours till the discharge has ceased. If allowed to develop on their own and no attention is given to them, we are asking for trouble and perhaps a succession of boils, which most certainly is not desirable.

It is not sufficient to attend only to the boil. We must regulate the bowels by means of a suitable mixture of herbs to facilitate the cleansing of the blood-stream. The following mixture will be found suitable for the needs of most:—



FUMITORY

Butternut Leaves .....  $\frac{1}{2}$  ounce  
Mountain Flax .....  $\frac{1}{2}$  ounce  
Sassafras Bark .....  $\frac{1}{2}$  ounce  
Bruised Ginger .....  $\frac{1}{2}$  ounce  
Boil in three quarts of water down to one and a half pints.

Dose: One teacupful four times a day half an hour before food.

A good alterative or blood medicine to be taken in conjunction with the above recipe or separately is:



GOLDEN SEAL

Sassafras Bark	.....	$\frac{1}{2}$ ounce
Fumitory Herb	.....	$\frac{1}{2}$ ounce
Figwort Herb	.....	$\frac{1}{2}$ ounce
Blue Flag Root	.....	$\frac{1}{2}$ ounce

Boil in two quarts of water for twenty minutes. Dose: Half a teacupful three or four times daily after food.

After the boils have dispersed the patient should take a good digestive tonic for three or four weeks to tone up the digestive tract and prevent a recurrence. A good recipe may be chosen from the following three:

Butternut Leaves	.....	$\frac{1}{2}$ ounce
Dandelion Root	.....	$\frac{1}{2}$ ounce
Buckbean Herb	.....	$\frac{1}{2}$ ounce
Golden Seal Root	.....	$\frac{1}{2}$ ounce

Butternut Leaves	.....	$\frac{1}{2}$ ounce
Gentian Root	.....	$\frac{1}{2}$ ounce
Chamomile Flowers	.....	$\frac{1}{2}$ ounce
Wormwood Herb	.....	$\frac{1}{2}$ ounce

Butternut Leaves	.....	$\frac{1}{2}$ ounce
Centaury	.....	$\frac{1}{2}$ ounce
Chamomile Flowers	.....	$\frac{1}{2}$ ounce
Golden Seal Root	.....	$\frac{1}{2}$ ounce

All these recipes should be prepared and taken in a similar manner to the alterative medicine.

### INSULIN EXTRACTED FROM ROOT BREW

Submitted by Elwood Henninger, Shamokin, Penn.

Vancouver, B. C. (INS).—From a lowly weed medical science soon may draw a new supply of insulin to combat dread diabetes.

A brew made by boiling root bark of Devil's Club, a familiar British Columbia cactus-like weed, has much the same effect as insulin in relieving diabetes when taken internally, Prince Rupert, B. C., doctors reported.

### THE NEED OF SULPHUR

Sulphur is essential to the upkeep and functioning of the body. Nutrition is incomplete without it. Skin, arteries, nails, hair and cartilages all contain from  $\frac{1}{8}$  to  $\frac{1}{4}$  of 1 per cent of sulphur. Its chief role seems to be to deodorise and sweeten our tissues, organs and their secretions. It works in combination with the oxygen absorbed through the lungs, and with chlorine derived from food and common salt.

Sulphur is found in the bile as organic sulphur compounds which are known to maintain the digestive tract in a healthy and aseptic condition. Absence of these sulphur ingredients impairs liver action. Deficiency of bile leads to decomposition of the ingesting food with consequent flatulent discomfort.

Above all, the blood, the health of which is essential to our well-being, depends on the sulphur constituents found in both the plasma, or clear part, and the red corpuscles.

### Sulphur as an Antiseptic

Sulphur has a strongly detrimental action upon all low forms of life. That is why it is used extensively as an insecticide or germicide. Hop and vine growers use it freely as powder spray to protect these plants from destructive pests. Medicinally it was mainly used as a fumigant to disinfect and deodorise rooms and houses after infectious diseases. Sulphur is also used in those types of skin diseases which are induced by verminous insects.

From "Health and Life," England.

Editor's Note: Sulphur should only be sought in organic form through vegetables and herbs.

### CARROT

The ordinary carrot is a very useful domestic remedy. The bruised seeds are used in dropsy and disorders of the kidneys. They may be infused in water, one ounce of the seeds to a pint of boiling water. The roots scraped, or grated, and boiled into a soft pulp, make an excellent poultice for old sores. The extracted juice also makes a fine alkalinizing drink of great value.

### MARSHMALLOW

The decoction made from the leaves of the Marshmallow has a splendid action in most cases of obstinate constipation, whenever the stools are lumpy and hard. Combined with Agrimony it influences the whole digestive tract and will save many an operation for appendicitis if used at the onset of this trouble.

## HORMONE PLANTED UNDER SKIN HAS LASTING EFFECTS

Crystals of ovarian hormone, surgically implanted under the skin in women suffering from abnormal physiological states, have prolonged through periods of from 9 to 14 weeks the benefits that last only a few days when the same remedy has been given by the more usual method of intramuscular injection in oil.

Technical description of the new treatment and its favorable results is offered ("Science," Aug. 18) by Drs. Udall J. Salmon, Robert I. Walter and Samuel H. Geist of Mt. Sinai Hospital, New York.

The physicians announce that further studies are being carried on in a larger series of cases, to determine the duration of the effect in relationship to different amounts of hormone implanted in order to ascertain the optimal amount of hormone for various clinical conditions.

From "Science News Letter."

## RED SAGE

Sage tea, or infusion of Sage, is a valuable agent in the delirium of fevers, and in the nervous excitement frequently accompanying brain and nervous diseases, and has a considerable reputation as a remedy in sickness, given in small and oft repeated doses. As a gargle in inflamed and relaxed sore throat, and ulceration, it is of the utmost value. When a more stimulating effect is desirable to the throat, the infusion may be made of equal quantities of vinegar and water in a closed vessel.

## ORIGIN OF ASPIRIN

History discloses that aspirin, the invaluable analgesic, is the outcome of the investigations of an obscure Swiss apothecary who derived salicyl aldehyde from the little flowering plant, spiraea ulmaria. Following this achievement, the German chemist, Professor H. Kolbe, developed a method of making salicylic acid synthetically.

Spiraea Ulmaria, more correctly known today as Filipendula Ulmaria, from which the Swiss apothecary Pagenstecher derived salicyl aldehyde, one of the first steps that led to aspirin.

### How the Ductless Glands Control All Mental and Bodily Functions and Efficiency

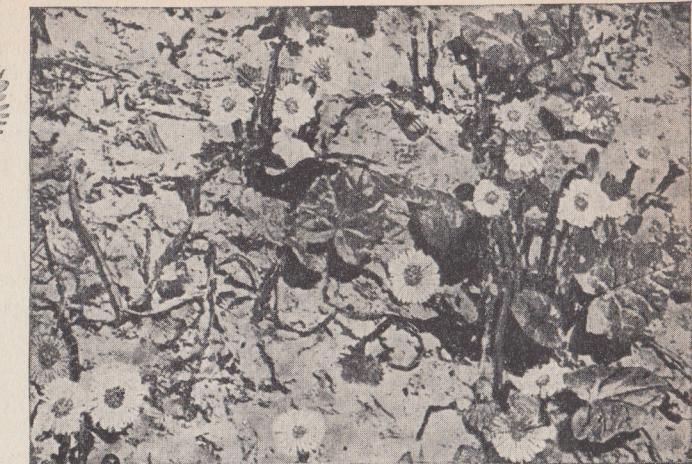
- PINEAL GLAND controls brain development.
- PITUITARY GLANDS co-ordinate all the gland activity.
- THYROIDS control bodily development.
- THYMUS GLAND regulates emotions.
- SPLEEN conditions the bloodstream.
- ADRENAL controls strength and energy.

## QUICK RELIEF FROM SUNBURN

When I am troubled with sunburn I merely cut off a few inches of a leaf of MEDICINE ALOES, squeeze out the jelly-like juice and apply it to the affected area and I get almost instantaneous relief. Try it for any kind of burn. Full description of this plant is given on pages 33, 194 and 195 of this book.



COLTS FOOT



## HERBS FOR HEALING

By W. T. Hewitt, F. N. A. M. H.

If we look around during March we shall see nature busy, commencing to put on her new coat. It is wonderful what preparations she makes in order to be able to fulfil her obligations to us throughout the year. Anticipating as it were our every need, in fact I do not believe that anyone can mention one need for which she does not make ample provision. No matter what our condition be, hungry or naked, strong or weak, ill or well, experience has proved that we can trust nature to provide sufficient for our requirements. What a feeling of satisfaction such a state of affairs gives one, especially when we remember that the needs of the animals and birds and insects are included too.

It is most important that we make the most use of every opportunity we have this year to collect and store up these treasures for future needs. We cannot depend upon getting our usual

supplies from overseas, therefore it is our bounden duty towards suffering humanity to do this. Let us be careful not to miss one thing, because to do so may entail a wait of twelve months.

All true botanists are now standing on their toes ready to go forward in this time of promise when we anticipate so many good things.

Some of the plants that we cannot manage without will soon arrive, such as Chickweed, Clivers, Coltsfoot, Shepherd's Purse, Groundsel, Lesser Celandine, Adder's Tongue.

I saw some leaves of Hollyhock the other day; let us not forget that this is a most useful plant, well worth cultivating, especially if the supply of Marshmallow is small.

Although I have mentioned some of these plants in previous articles I feel it incumbent to remind you of them at this time, the beginning of an important year.

**Chickweed.**—We shall need it for the manifold service it can render to suffering humanity. In anaemia, and in all inflammatory and septic conditions.

**Clivers.**—We shall not be able to get through the year without the help of this important plant, on account of its cleansing, purifying and expulsive properties.

**Coltsfoot.**—We shall need the flowers of this herb, not only for wine, but because of their tonic properties; also the leaves for their soothing and healing influence, and for smoking.

**Groundsel.**—We shall not, I am quite sure, be able to manage without the help of this virtuous and useful plant.

We may need it for its gentle aperient properties or as an emetic, or for a gargle, or a cooling lotion for the skin, or the infusion to relieve a spell of biliousness; therefore we must not neglect it.

**Shepherd's Purse.**—Is not only very common, but a most valuable agent, necessary in haemorrhage from any part of the body it can be relied upon to strengthen the weak organ or part and control it. Also in cases of diarrhoea and dysentery it will give us good service. As a lotion for wounds and ulcers it is very helpful.

**Lesser Celandine.**—We shall need to cure the many cases of piles that we shall meet during the year. Also as a skin lotion it will be extremely useful.

**Adder's Tongue.**—Find it if you can, it will repay you a thousandfold. Its antiseptic properties cannot be over-rated, and as a cooling agent in inflammation and rashes it can hardly be beaten.

**Couch Grass.**—Can be found in every garden and on every farm, and is a specific in some forms of kidney trouble; also very useful in rheumatism and gastritis; also in colds and feverishness.

I am quite sure that we all agree with the poet when he wrote:

"Man is one world, and hath another to attend him."

### THE EVIL EFFECTS OF SUGAR POISONING

When sugar is taken to excess either as sugared beverages, chocolate, sweetmeats, honey, glucose, or as cereal foods, the digestive organism becomes strained. It can only deal with a limited quantity daily. Therefore, Nature has its device for diverting superfluous supplies. The sugar undergoes a species of destructive fermentation and becomes, for the most part, changed into various irritant acids. These comprise acetic, lactic and oxalic acids.

Various other acids known as amino-acids are also created as a result of the presence of protein foods included in the dietary. These acids are capable of excretion but, during their elimination, they induce a high degree of irritation which is harmful to the tissues. Gastric and bronchial catarrh, bowel troubles and rheumatic disorders are thus likely to set in. A symptom characteristic of catarrh is the formation of a glutinous substance called mucus. This is secreted by the tissues themselves to mitigate the corrosive action of the acids. Otherwise the parts affected would become pickled.

### A GOOD DISH WITH A QUAINT NAME

"Heaven and Earth" is the name of a Continental hot-pot that may appeal to those who, like myself, enjoy those "foreign" apple-flavoured vegetable dishes, which, without the apple, would be deprived of their characteristic feature. Here is the "Heaven and Earth" recipe. Put a good 3 ozs. of butter or nut fat into a casserole and stew 1 lb. of small button onions till the latter are slightly browned. Add to the sauté onions, 2 lbs. of raw potatoes, cut in slices, together with a pinch of salt and butter, then add 2 lbs. of peeled apples, also cut in slices, cover with a lid and bake for about  $\frac{3}{4}$  of an hour. This dish blends wonderfully with almost any vegetable served separately.

### HERBS FOR HEALTH

From the earliest times in history herbs have been used as healing remedies, and as far back as records go man has had the faith that in the herbs of the meadow and valley and hillside lies the power to cure his illnesses. Now it is not likely that for thousands of years, great nations of different creeds and colours: Indians, Egyptians, Arabs, Greeks and Romans should have continuously believed in, and persistently studied and used the herbs of nature as cures, unless behind it all was a great truth. In olden days, not only did physicians use and teach the use of herbs, but the people themselves had great knowledge of their virtue, and in many cases were able to care for themselves.

This country is no exception and although at the present time the use of natural means is not so general as it was, yet until but a generation or two ago, households possessed their own herbal chest and cures and even today still do in the more remote parts of the country. Of the different books written in English on herbal healing, one of the most famous is Culpepper's, written some nearly three hundred years ago. This book is still studied and highly prized in country homes of the British Isles. It is certain that in earlier times when the right herbs were known and used, wonderful healing results must have been general, and the people must have had very great faith in them; unless this were so, the fame, the faith, the belief of cure placed in herbs would not have survived the rise and fall of empires and been continually in the minds of people for hundreds and thousands of years.

### THE APPLE

It is undoubtedly a fact that, of all the fruits Nature provides so abundantly, the apple is probably the best known and the most popular, both on account of its flavour and the ease with which it can be obtained. Its qualities as a food, however, are not known sufficiently. Containing potash, soda, magnesia, and phosphorus, the apple is most valuable to the nutritional requirements of the human system. The acid it contains is chiefly that known as malic acid, and it is readily utilized by the body. Recent observations in feeding experiments seem to indicate that its protein,

though small in amount, is particularly fine in quality. Possessing antiseptic, germicidal, and alkaline qualities, no fruit can be compared with the apple in its dietetic value. Apples are naturally laxative, and the proportions of their composition are more clearly adjusted to the human constitution than any other single fruit.

Its anti-uric-acid quality is also a great recommendation. In rheumatism, gout, and other similar complaints, when some difficulty is experienced in assimilating the more acid fruit-juices, such as orange, grape-fruit, lemon, etc., the juice of the apple can be specially recommended.

#### LEMONS AND ORANGES

A great deal could be said in favour of the health-giving properties of lemonade. A lemon squeezed in water with little or no sugar, and taken two or three times a week, is an excellent blood tonic. Any who are troubled by annoying minor ailments and malaise should try cutting down their protein food and taking an occasional lemon. In most cases a great improvement will be noticed, but it may take a few weeks to feel the full benefit. Oranges, of course, and other acid fruits are also excellent for this purpose. All such fruits are a good insurance against ill health and diseases such as rheumatism. The little ills of life can be very troublesome, and in the sense that they are sometimes forerunners of more serious trouble, we may say that if we look after the minor ailments the major ones will look after themselves.

#### HONEY ACTS AS HORMONE TO GROW ROOTS ON PLANTS

Chemicals, phytohormones, make roots grow on cuttings of plants where none would grow before, even root "whiskers" on stems and leaves. For propagating plants hard, or hitherto, impossible, to raise from cuttings, these chemicals are a boon to gardeners and nurserymen.

Now from Ottawa's Central Experimental Farm comes news that honey, the sweet stuff that man robs from bees, acts as phytohormone. In careful tests by R. W. Oliver it was even better than a very successful commercial phytohormone powder preparation.

Most extensive tests were made on familiar varieties of chrysanthemums but evergreen tree cuttings respond also. Dilute honey with 3 parts water to one of honey. Stand the cuttings in this solution for a day and a night and then plant. Probably some hormone substances in the bee food pep up the root growth, just what is not known.

From "Science News Letter."

#### OAK

The bark of the Oak is, as an astringent for external application, one of the most useful and economical known. A decoction made by boiling half an ounce in a pint and a half of water for a quarter of an hour makes an excellent gargle for relaxed or ulcerated sore throat. As a wash for piles or for flabby ill-conditioned ulcers, it is also very beneficial.

#### THE MENOPAUSE DEMANDS HORMONES

Much has been said relative to our dependence upon the endocrine system for well being. We think of a tiny watch as a delicate bit of machinery, but its most minute part would resemble a skyscraper when compared with some of the hormone-producing cells. Like the watch, the whole design is made up of independent fractions—all working together. For example, the activity of the pituitary influences the pancreas, the adrenals, the parathyroids, the thyroid, and the ovaries. In turn, the behaviour of the last mentioned structures affects in some measure the pituitary and the thyroid, as well as other pelvic organs. This division of labor is one of the marvels of nature and it is supposed that every cell in each of these highly specialized factories will do its job and do it properly.

Whenever we are confronted with laziness on the part of the ovaries we wonder if anything could have gone wrong with their secreting functions, and there are thousands of instances on record in which providing estrin (manufactured by the ovaries) has relieved symptoms with dramatic power. Preparations of these so-called sex hormones are available, both for hypodermic use and ingestion by mouth.

The drug is not a cure-all for every symptom that may occur about middle life. But it has been used long enough and with such good results that there is no gainsaying its utility in relieving change of life disturbances. It may be likened to furnishing

oxygen to one who is short of breath. There is no compound that can serve as a substitute. The patient demands a supply from living glands and nothing else will suffice.

#### HORMONE CRYSTALS' EFFECT 'PROMISING'

NEW YORK, Aug. 23.—Sex hormones, in the form of crystals the size of small seeds, have been planted under the skin of ten women at Mount Sinai Hospital here.

The effects to date are more promising than the mostly discarded monkey gland operations or the injection of sex hormones which succeeded that method. They are reported today in the "Journal Science" by Udall J. Salmon, Robert I. Walter and Samuel H. Geist.

The idea is that the crystals, which are the pure chemical produced by a sex gland, will act like glands, dissolving slowly, releasing their health-giving compounds over a long period of time.

In these first ten cases the crystals apparently have done just that. It is now two to three months since they were planted, and they still show "activity," the report states. All were used on women suffering from effects of change of life.

One surprising result is that less of the hormone is needed by the seed-planting method than when the same substance is injected in liquid form, usually dissolved in oil, through a needle. The hypodermic needle way, the report says, is both expensive and troublesome.

### VITAMIN E AND WOUNDS

Bartolomucci studied the action of vitamin E, administered by mouth, on the healing of experimental wounds of the liver and spleen. He experimented on rabbits and rats which were placed in three different groups as they were fed with a diet rich in vitamin E, a normal diet and a diet which was lacking in vitamin E, after having been wounded. Animals in each group were killed for observation and microscopic study ten, twenty, thirty, forty and fifty days from the beginning of the experiment. The author found that vitamin E administered by mouth accelerates healing of wounds of parenchymal organs, whereas the lack of the vitamin retards the healing process. The retardation is obvious in comparison to that which takes place in the organs of animals on a diet rich in vitamin E and also in comparison to that which takes place in the organs of animals on a normal diet.

"Folia Medica," vol. 25, p. 644.

### OXALIC ACID CHECKS BLEEDING

The efficiency of oxalic acid, commonly called salts of lemon, in checking bleeding was announced at the annual meeting of the Federation of American Societies for Experimental Biology, held in Toronto. Results of wide experimentation were reported by Drs. Arthur Steinberg and William R. Brown, of the Kensington Hospital for Women in Philadelphia. ("New York Times," April 30, 1939.) They learned that normal human blood

contains 5.5 to 7.5 milligrams of oxalic acid per 100 cubic centimeters. This chemical is also found in rhubarb and spinach. Commercially it is used to remove ink stains and to polish copper. It is a poison.

The treatment has been applied in nearly a thousand cases of excessive bleeding, whether post-operative, after childbirth, in jaundice, gastric ulcer, hemophilia, in the new-born or various other conditions. With no exception, intravenous injection of three milligrams of oxalic acid stopped the hemorrhage in from forty-five seconds to five minutes. Pulmonary hemorrhage of tuberculosis was controlled.

Of course oxalic acid is not a cure for hemophilia. Its effects last only an hour or two in bleeders, while it continues for perhaps twelve hours in normal persons, but it will apparently save the lives of many who would otherwise have been facing death.

### SORE GUMS

Patients wearing false teeth are often troubled with sore and tender gums. The pain is often so great they cannot eat for days. This excruciating pain is largely due to ill-fitting plates. If you are among these there is a quick relief for your ailment—The Juice of Medicine Aloes. This jelly-like juice of the leaves of this plant is spread upon the gums and plates—and relief follows. See full description of this plant on pages 194 and 195 of this Almanac.

### GIANT OWL DIES IN STICKY EMBRACE OF BIRD-HUNTING TREE

AUCKLAND, New Zealand.—A strange tree in the garden of J. Wheeler of New Plymouth, New Zealand, which traps birds, has just killed, a morepork, a species of owl, the largest bird known to have been so caught.

The tree bears the botanical name of "Pisonia Brunoniana" and is a native of the northernmost parts of New Zealand.

The method by which the birds die is a cruel one. The seeds of the tree, about an inch long, grow in clusters, and are covered with a heavy gum.

The bird flies in the tree and its feathers come into contact with the seed pods, and it is held fast.

### IODINE IS APPARENTLY NECESSARY FOR PLANTS

Iodine may prove to be as necessary for plant health and growth as it is for that of humans, Prof. W. L. Powers of Oregon State College suggests, ("Science," May 12) in the preliminary report of ten years of experiments with plant species ranging all the way from spinach to bacteria.

The plants were grown in soilless cultures, with nutrient solutions constantly flowing around their roots. The amounts of iodine found necessary were very minute: one part of iodine in from two to four million parts of water was sufficient.

Iodine seems to be in some way necessary for chlorophyll formation, and reaches particularly

high concentration in spinach and head lettuce. Yet lower plants without chlorophyll, including yeasts and the nitrogen-fixing root-nodule bacteria, also thrive better on iodine-containing media.

Prof. Powers points out that one of the values in using seaweed as a fertilizer, a common practice along all seacoasts, may be in the iodine thereby added to the soil. He suggests also that putting potassium iodide into irrigation water may eventually become standard horticultural procedure.

From "Science News Letter."

### THAT RED NOSE

What to do for a red nose? Well let's think it out. The redness is due to an excess of blood. How can we dispel all this blood? By narrowing the blood vessels is one way. There are certain substances which will do this, but of course if these are taken internally they will have an effect on all the blood vessels of the body, with numerous evil results. Unfortunately there are but few applications which have the same action when applied externally to the nose. Most astringents, such as alum, vinegar, Horse tail Grass, Mormon Valley herbs, Wild Alum Root do a certain amount of good, but on the whole their effect is disappointing, and of course but temporary.

The only certain method of treating the offending member is to remove the cause of the redness. Drink less alcohol. Take your tea weaker and not so hot. Cut out fats and fried things. Be moderate in exposure to the sun.

**A PLANT YIELDS SALVE**

Curious as it may seem, the juice of the leaves of a live growing plant make a most remarkable salve for simple cuts, burns, insect bites, etc., without any additional mixture. One just cuts off one or two inches of a leaf of this plant and applies the jelly-like juice to the afflicted parts. This plant is commonly known as MEDICINE ALOES or ALOES VERA. It can be grown in the house as a table decoration and in this manner have a remedy on hand for any emergency. This plant is fully described on pages 194 and 195 of this Almanac. Table size plants \$1.00. Extra large \$3.00.

**QUININE FOR TRACHOMA**

Chang used 10 per cent. quinine bisulfate in the treatment of eighty trachomatous patients; twenty were completely cured, twenty-seven almost completely cured, twenty-four showed considerable improvement and nine had no improvement. In general the follicles disappeared earlier than the papillary hypertrophy. On the average the effect of the treatment (by local application) became manifest about two months after the treatment had started. The disease was improved or even cured if the treatment was carried on regularly for six months. A few patients were found to be resistant to quinine, but they responded favorably to alternations of quinine with copper. In a number of cases quinine treatment was found to be definitely more effective than the copper stick, as in them the trachoma was not in-

fluenced by the latter but cured by the former. The author believes that, until a more specific therapy for trachoma is discovered, quinine treatment may be considered as the relatively quickest method to cure trachoma.

"Chinese Medical Journal," vol. 55, p. 439.

**LACK OF VITAMIN C MAY BE A CAUSE OF FOOD ALLERGY**

Lack of the scurvy-preventing vitamin C from citrus and other fruits and fresh vegetables may be one cause of food allergy, Drs. J. Bronfenbrenner, D. M. Hetler, Frances Love and Jack M. Burnett of St. Louis announced.

People with food allergy are the "one man's meat is another man's poison" folks. Eating tiny amounts of certain foods, most often eggs, milk or wheat, gives these patients severe attacks of asthma, hives, migraine headaches or other allergic ailments. Treatment with ascorbic acid, as vitamin C is now called, may enable these people to eat the foods to which they are sensitive.

Guinea pigs furnish the evidence for this theory. Pigs made sensitive to egg white could eat this food when they were given the vitamin. When the vitamin was removed from their diet, practically 100 per cent. of the animals developed allergic symptoms when fed egg white. If enough vitamin was given to these animals over a period of weeks, they could eat the egg white, although hypodermic injections of it showed they were still sensitive to the substance.

From "Science News Letter."

**BONESET**

This herb is an excellent remedy in agues. It is a splendid emetic in large doses, and is one of the best remedies for epidemic influenza. It overcomes pain in the back and limbs and improves the condition of the skin. It is a good remedy in coughs. It relieves the cough of measles, asthma, and coughs peculiar to old people. For this purpose pour upon one ounce of Boneset one pint of water, boil 15 minutes, strain, and add sufficient water to make one pint of the decoction; to this add 2 ozs. of sugar. This is agreeable to the stomach, relieves cough and irritation of the mucous membranes, and helps the digestive process. As a tonic give a teaspoonful to a tablespoonful of the decoction, or from one to five drops of a concentrated fluid extract. To produce diaphoresis (sweating) the infusion may be taken repeatedly in wineglassful doses.

**ALOES FOR BURNS**

Aloes, used either as the leaf or the ointment, possesses distinct analgesic qualities. Dense, white scar tissue is not seen after healing of burns treated with aloes but the burned areas are reddish at first and remain smooth and pliable. Healing is rapid. Aloes possesses some enzymatic action; pus is apparently digested, for purulent surfaces become clean. The drug is astringent, possibly because of the tannin it contains. It has styptic properties in fresh cuts, when applied as a powder. Antiseptic properties are indicated by the

rapid clearing up of infected surfaces. It might be feared that absorption would give rise to unpleasant effects, but none have been observed. No undesirable effect was seen when powdered aloes was dusted full strength, daily for a number of days, over the entire surface of large, chronic ulcers.

"Minn. Medical," vol. 22, p. 538.

**HOREHOUND**

A popular remedy for coughs. As it is also a tonic, it may, when at hand, be made to serve as a vehicle for other cough medicines. Can be used in the form of an infusion or with sugar as a syrup.

**THE USES OF OLIVE OIL**

One of the most useful and nutritious articles of diet is Olive Oil, and it is as beneficial for external as for internal use, says a contemporary. It was the custom of the ancients, who were most luxuriant in their bathing habits, to anoint the body with vegetable oils after the bath. Athletes and gladiators also anointed their bodies with oils. Roman athletes were in the habit of using freshly expressed oil of the olive to give agility and suppleness to their limbs. Tradition says that both Cleopatra and Zenobia partook freely of Olive Oil, and used oils after the bath. In the countries where the olive flourishes, such as Italy, medical practitioners use the oil very freely for a host of ailments. It is maintained in the Levantine countries that the external use of oil prevents rheumatism, gout, and other kindred maladies which are aggravated by external chills.



CELANDINE

## HERBS FOR HEALING

By W. T. Hewitt, F. N. A. M. H.

Plants are living things; they live and enjoy life in an extraordinary way. They marry and rear families and are much more careful as to how, when and where they place their offspring in the world than are most human folk.

Another difference between human beings and plants is that the plants are always faithful and true—they never let us down. Divinely sent into the world on a mission of Healing, they have never turned aside from their purpose in life, and so have become experts in the art. They treat us just as efficiently today as they did our ancestors hundreds of years ago. Each one of them is quietly producing an elixir that has been the means of saving countless lives since the beginning of time and we know their virtues have a duty to perform not only for the benefit of the present but in the interests of posterity in proclaiming it to the world.

"A script with Herbs and fruits supplied and water from the spring."—Goldsmith.

Evidence given by the Poet in support of my point—That Herbs and Water make good medicine.

The truth of this has been proved over and over again in the experience of people both of the past and the present who have used the simple infusions of Herbs and cured themselves of various diseases.

The month of August brings with it a large number of these life-saving Herbs, so many in fact that it is difficult for me to decide which to mention in this very short article. One thing I would add is this—test them and you will find my information is correct.

The following are the names of some that can be found this month: Agrimony, Burnet, Celandine, Centaury, Fumitory, Golden Rod, Horehound, Hyssop, Mugwort, Sanicle, Scullcap, Tormentil, Wiseman's Woundwort.

**Agrimony.**—Is tonic to the whole system, it encourages good digestion, is useful in diarrhoea, it purifies the blood and clears the skin; taken as a beverage it gives a feeling of well-being.

**Burnet.**—Is also a good tonic, very useful in hemorrhage in any part of the body, especially the kidneys. It encourages healthy action of the heart, makes a good beverage. An excellent wine can also be made from the flowers.

**Celandine Greater.**—Is a wonderful plant; its chief action is on the Liver and Spleen, and is very

useful in Jaundice. Very useful in Eczema used both internally and externally. It is a powerful plant and must be used cautiously. The juice used on corns and warts has cured some cases.

**Centaury.**—A lovely little plant, is a powerful tonic. Its use will prevent biliousness, it makes a sluggish liver bestir itself. The infusion taken before meals gives one a good appetite.



SANICLE

**Fumitory.**—A bunch of it in flower is a sight worth seeing; it is a corrective of the stomach and liver; is a good agent to cleanse the bloodstream and produce a clear, clean skin—in fact it is a friend to all who have any skin trouble; it also acts mildly on the kidneys.

**Golden Rod.**—Is worth its weight in gold. It is a powerful and useful antiseptic, has proved itself as a gargle and throat spray in diphtheria. It has cured cases of Albuminuria; also useful in diarrhoea and haemorrhage.

**Mugwort.**—Is a very useful plant: in case of weak nerves it is good medicine. A good tonic; also it makes an excellent fomentation for most external pains.

**Horehound.**—Is a family remedy. Combined with Hyssop it makes a good remedy for bronchitis, coughs and colds, especially if used in syrup form. Particularly useful in Asthma.

**Hyssop.**—Is so well known that I feel I need not write of it. In colds, catarrhal troubles, fevers and measles it is a fine remedy.

**Scullcap.**—Is a valuable remedy for many nerve troubles such as St. Vitus Dance, Sleeplessness and Neurasthenia. A real tonic to the nervous system; is one of the finest nervines in existence.

**Sanicle.**—Is a fine agent to cleanse the bloodstream, is extremely useful in internal ulceration. Makes a good gargle for sore throat and is very helpful in lung trouble.

**Tormentil.**—Is a powerful remedy. It is one of nature's antiseptics; it arrests bleeding everywhere and is a tonic to the whole body. Very useful in relaxed conditions of the throat, bowels and kidneys. Very useful in bleeding piles and makes a good healing lotion for sores and ulcers.

## SYRUP OF SQUILLS

Dissolve 2 lbs. of sugar in a gill of water by gently heating; when cool, add a pint of Vinegar of Squills. Dose: One teaspoonful. This is a useful syrup for coughs and colds, especially in conjunction with other herbs. Taken with Yarrow Tea, it is an excellent remedy for catarrh or cold in the head.

**A HEALER'S THESAURUS**

By Marre Israel

**A.** Vitamin, strengthens the eyes.  
**AARON'S BEARD.** A name, esp. of Gt. St. John's Wort, (*Hypericum calycinum*), and locally of other plants.

**AARON'S ROD.** A name of plants, esp. the Gt. Mullein or High-taper (*Verbascum Thapsus*), and the Golden Rod (*Solidago Virgaurea*).

**ABACA.** The native name of the palm (*Musa textilis*), which furnishes Manilla Hemp.

**ABIES.** (*Abies pectinata*), from which is produced Venice turpentine and Strasburg turpentine.  
**ABSINTH.** 'un-drink'. The plant *Absinthium* or Wormwood, a species of the genus *Artemisia*. This is said to be the name of the star that falls on a third of the rivers and waters, making them undrinkable.

**ABSORPTION.** While the leaves and other aerial organs of plants have the power of absorbing fluids, it is chiefly in the roots that this process takes place. The nutritive materials in the soil are supplied to the roots in a state of solution.

**ACAJOU.** The Cashew or Cashew-nut. Many plants of this order supply varnishes. The green-coloured oily *Pistachio* nut comes from this family (*Pistacia vera*).

**ACER.** The Maple tree.

**ACCLIMATIZING.** It is commonly supposed that by length of time plants may be rendered fit to endure a climate which they could not stand in the first instance. Such a view, however, is totally inconsistent with the facts

of the case. Each species of plant naturally bears a certain range of temperature, and it is impossible to extend that range. A specimen of *Aponogeton distachyon*, an aquatic from the Cape, and long cultivated in the stoves of the Edin. Bot. Gdns., was accidentally thrown into the open pond, where it continued to live and flower many years. The constitution of the plant is unaltered by time. It was able to bear a certain range of temperature, but the cultivators were not aware of this in the first instance. Plants sent from warm countries, and supposed to be delicate, are often quite hardy, inasmuch as their native locality has been high on the mountains.

**ACETOSE.** The leaves of the Common Sorrel or Sorrel Dock (*Rumex Acetosa*).

**ACHILLEA.** Yarrow, Milfoil, Nosebleed, Thousand - leaf. Named after Achilles, who is said to have used the plants to heal wounds. *Achillea Millefolium* is the common Yarrow or Milfoil. *A. tanacetifolia*, Sheffield and Derbyshire. *A. decolorans*, near Matlock. *A. tomentosa*, many places in Scotland.

**ACHRAS MAMOSA.** Yields the fruit called Marmalade. (The preserve known by the latter name was originally made by boiling quinces with sugar).

**ACHYLA.** Plant of the order *Algæ*, developed occasionally on living animals, such as on the gills of gold-fish and of trout. Certain organisms have been detected in the human stomach, which appear to belong to this order. One of these is called

*Sarcina ventriculi*, and was ejected by vomiting in a case of pyrosis.

**ACIDS.** Organic Acids are produced by processes going on in living plants, and exist in vegetable juices combined often with peculiar bases and alkaloids. Thus, **Citric a.**, occurs in the fruit of the orange, lemon, lime, red-current; **Tartaric a.**, in the juice of the grape, and in combination with potash in tamarinds; **Malic a.**, in the fruit of the apple, gooseberry, mountain ash; **Tannic a.**, in oak-bark and nut-galls; **Gallic a.**, in the seeds of Mango; **Meconic a.**, in the juice of Papaver somniferum; **Kinic a.**, in the bark of various species of Cinchona.

**ACONITE.** Monkshood or Wolf's-bane. A venomous plant to be avoided.

**ACORN.** Orig., 'fruit of the open country'; the mast of oak, beech, etc., later, of oak only.

**ACORUS.** 'A' (without) 'kore' (pupil of the eye). Sweet flag. The plant was used for disease of the eye; also as a stimulant and tonic. Has an aromatic odour, combined with a bitterish acrid taste.

**ACOTYLEDON.** A plant which has no distinct seed-lobes; as a fern, fungus.

**ACTEA.** Bot. name for Baneberry group.

**ACOUCHI.** A resin; the balsam of *Icica heptaphylla*.

**ADAM'S APPLE.** (*Citrus decumana*) 'forbidden fruit.' The source of the Bergamot and Lime.

**ADAM'S NEEDLE.** A species of *Yucca*, from which fibres are procured.

**ADANSONIA.** A genus (N.O. *Bombacæ*) consisting of two species of gigantic trees, the Baobab, Monkey-bread, or Ethiopian Sour Gourd and the Cream of Tartar tree.

**ADDER'S GRASS.** The early Spring Orchis.

**ADDER'S TONGUE.** A genus of ferns (*Ophio-glossum*); also Wake Robin, Lily of the Valley.

**ADELASTER.** A provisional name for a plant of which the flowers and therefore its genus are unknown. This is abandoned when the plant is identified.

**ADIANTUM.** G. name for the Maidenhair Fern. Takes its name, 'a' (not) 'diantos' (moistened) because it was thought that even if placed in water it would not get wet.

**ADIAPHORUS.** Neutral; neither alkaline nor acid.

**ADIAPNEUSTIA.** Defective or impeded perspiration. (The "germ" of the Common Cold!).

**ADIATHERMIC.** Impervious to heat.

**ADONIS.** So called, probably because of its pure crimson colour. According to mythology, the blood of the youth Adonis stained the petals of the flower Pheasant's Eye. The action of the herb is cardiac, diuretic and tonic.

**AETHUSA.** Fr. 'aetho' (to burn); an acrid plant. Fool's Parsley, reputed to be poisonous.

**ÆGOPODIUM.** 'Aigos' (a goat), 'podium' (foot). From some fancied resemblance of the leaf to a goat's foot. Name of Goutweed group.

**AGAR.** Japanese seaweed is used for making the jellies to feed the virulent (germ) cultures in research laboratories.

AGE OF TREES. In the virgin forests of Africa, the gigantic baobab tree lives for six thousand years. The oak and the plane tree also live more than two thousand years. The lime tree and the huge trees of California also attain a remarkable age. The age of a tree may sometimes be ascertained from the wood by counting the concentric circles. When by the action of severe frost, and other causes, interruption of the growth of the tree has taken place owing to the injury to the tender cells from which the young wood is developed, the date of the injury may be ascertained by counting the number of layers which intervene between the imperfectly formed circle and the bark.

AGRIMONIA. G. name for 'pearl in the eye.' The plant Agrimony, a general tonic, was supposed to be a cure for cataract of the eye.

AIR. Air which has been breathed several times is a poison. If this were properly understood and people took care to have pure, fresh air, as oxygenated as possible, in their living rooms, and especially in their bedrooms, a great many diseases would be avoided. Breath is like any other kind of vapour. Consider the number of times we inhale and exhale in the course of a minute, hour, day and night. How changed the pure air must be though we do not see it!

AIR-PLANTS. Roots, in some instances, in place of being subterranean, become aerial. Such roots occur in plants called Epiphytes or air-plants; also in the Screw-pine, the Banyan, and other

species of *Ficus*, where they assist in supporting the stem and branches. In Mangrove trees, they often form the entire support of the stem, which has decayed at its lower part.

AIRA. G. name for a rank grass (Hair-grass), that grows in the wheat; the Darnel, which is supposed to be the tares of Scripture. AJUGA. Corrupted from 'abiga' to expel. Bot. name for the group Bugle, N.O. *Labiatae*, not to be confused with Bugloss, N.O. *Boraginacae*.

ALBUM. L. 'white.' A common second bot. name used for many plants.

ALBUMEN. The substance contained in the seed, and on which, until it has thrown out rootlets, the young plant lives.

ALCHEMILLIA. 'Al' (the) 'kimia' (secret art). The plants so named because much used in Alchemy. *A. vulgaris* is Lady's Mantle, or Lion's Foot. Its action is anti-spasmodic, astringent and nervine, having a saliva-drying taste. Useful in excessive menstruation and flooding.

ALCOHOL. Orig., the fine metallic powder used in the East to stain the eyelids, etc.; powdered antimony. By extension to fluids, it is an essence or spirit obtained by distillation; any liquor containing it. When freshly pressed fruit juice is exposed to the air, it is penetrated by barm or yeast, the microscopic fungi always present in that element. Their destructive work consists of turning the fruit sugar into alcohol. The fungi live on sugar. Such is the process of fermentation; the grape juice has become wine, the apple or pear juice has become

cider. Most of the sugar in the fruit is lost as a result of the fermentation, and the wholesome juice is turned into a drink which may be harmful, as life is arrested in a liquid containing fifteen per cent. of alcohol and disappears altogether in the presence of a twenty per cent. solution (E. Szekely).

It should be remembered, however, that Paul advised Timothy to 'take a little wine for his stomach's sake.'

ALDER. A tree (*Alnus glutinosa*) related to the Birch, and common in wet places; grows well in the muddy ground on the banks of rivers. According to Virgil, the first boats were made of Alder wood. In N. America, the bark of the Canoe Birch is used for boat-making.

ALE-COST. 'Cost' or 'Costmary.' Very old-fashioned; formerly an ingredient in beer and negus and was used as a strewing-herb. May be Tansy (*Tanacetum*). Or Pyrethrum (Feverfew), one reference suggests.

ALE-HOOF. Also Horse-hove and Hove. The herb Ground Ivy (*Nepeta Glechoma*). It creeps over the ground, killing all the grass; this may account for the 'Ivy' of its name. On account of its bitter property, before hops became common, it was used in the making of beer; hence one of its many names, Ale-hoof.

ALEXANDERS. English name for an umbelliferous plant (*Smyrnium drinum*), called also Horseparsley, formerly used for salads and as a pot-herb. Prob. gets its L. name, being a plant of Maccodon, Alexander's country.

ALEXANDER'S FOOT. A composite plant (*Anacyclus Pyrethrum*), also called Pellitory of Spain, allied to Camomile.

ALGA. A sea-weed. Pl. *Algæ*. A division of cryptogamic plants, including sea-weeds, kindred freshwater plants, and some aerial species. "Edible" Birds' nests in this class.

ALGUM or ALMUG. A timber brought in abundance by sea from Ophir during the reign of Solomon. It was used to make pillars or balustrades, also harps and psalteries. Acc. to Josephus, it resembles the wood of the fig tree, but is whiter and shines more. It is commonly believed to be sandal wood, the *Santalum album* of the botanists, and the type of the order *Santalaceæ*. The wood, which is odouriferous, is burnt to perfume temples and private houses both in India and China.

ALKALOIDS. Azotised compounds found in living plants, and generally containing their active principles. They occur usually in combination with organic acids, e.g., quinine and cinchonine in the bark of *Cinchona*; aconitine in *Aconitum Napellus*; atropine in *Atropa Bella-donna*; strychnine in *Strychnos Nux-vomica*. These alkaloids are often found in plants having poisonous properties.

ALKANET. A dye material yielding a fine red colour, from the plant of that name in the *Anchusa* group, N.O. *Boraginaceæ*. The name is applied to the common Alkanet (*Anchusa officinalis*), evergreen Alkanet (*Anchusa sempervirens*), and bastard Alkanet (*Lithospermum arvense*).

**ALLBONE.** The Greater Stitchwort, Eng. name for one of the Starworts (*Stellaria Holostea*), gets its name from having been thought to be an antidote for stitch in the side.

**ALLGOOD.** Synonym for 'Good King Henry' q.v. This is the herb *Chenopodium Bonus - Henricus*, also called English Mercury.

**ALLHEAL.** Synonym for the Common Valerian.

**ALL-HEART.** The Elm-tree.

**ALLIGATOR APPLE.** The fruit of a W. Indian tree, *Anona palustris*: **ALLIGATOR PEAR** is the avocado pear, or 'Subaltern's Butter,' the succulent fruit of the *Persea gratissima*.

**ALLIUM.** A genus of Liliaceous plants comprising garlic, onion, leek, chive, shallot, and rocambole.

**ALLSEED.** A name for various many-seeded plants, e.g., the genus *Polycarpon*, four-leaved Allseed; many-seeded Goosefoot (*Chenopodium polyspermum*); common Knotgrass (*Polygonum aviculare*).

**ALLSPICE.** An aromatic spice, combining the flavour of cinnamon, nutmeg and cloves—the Jamaica Pepper or *Pimenta*, the dried berry of the *Eugenia Pimenta* or Allspice Tree (N.O. *Myrtaceæ*) of the W. Indies. Medicinally, sometimes employed as a stimulant and carminative. It contains an acrid volatile oil, to which its properties are due.

**ALLYL.** Found in Garlic. Aids digestion, accelerates circulation of the blood, and is good for those who feel the cold. Useful in cases of varicose veins, dysmenorrhea, and change of life.

**ALMOND.** From a Heb. word

signifying 'the awaker,' 'to make haste,' or 'to awake early.' The tree blossoms in the earliest days of spring, before a single leaf has budded. The budding of Aaron's rod in advance of others, and Jeremiah's reply, 'I see a rod of an almond tree' (in his earliest vision, Jer. 1:11, 12), interpret the name 'to be sleepless,' because it is the first tree to awake out of the sleep of winter—a beautiful symbol of Divine watchfulness over the people of God.

The almond is both wild and cultivated in Palestine. There are two varieties of the tree, 'dulcis,' yielding the sweet almond and 'amara,' yielding the bitter almond. A remarkable feature about it is that since the peach and nectarine have both been derived from the almond, the seeds of any one of these three may give rise to a tree of either of the other two. Moreover, the fruits may be together on one and the same tree. Indeed, a single fruit has more than once appeared consisting of half a peach and half a nectarine.

The hydrocyanated essential oil of bitter Almonds is sedative, and has been used as a substitute for Prussic acid. They sometimes produce derangement of the digestive functions, and give rise to nettlerash.

**ALOES.** A genus of plants (N.O. *Liliaceæ*, sect. *Aloinæ*), with bitter juice. Used in powder form as in internal and external medicine. In the Hebrew scriptures it is associated with myrrh and cassai, or with frankincense. The resin we now call 'bitter aloes,' though having little or no scent, was

added to the myrrh, etc., for the purpose of retaining the odours of the other highly-scented ingredients. This resin may be the gum of the eagle tree of India (*Aquilaria Agallochum*). It is thought, however, that the aloes of medicine differs from both the aloe and Lign-aloe of Scripture.

**ALOPECURUS.** Bot. name for the Foxtail group of grasses.

**ALOPECIA.** The word means, 'fox-mange,' also 'baldness.'

**ALOYSIA.** (*Citriodora*). Sweet-scented Verbena.

**ALPINUS.** (High mountain.) A common second bot. name for plants growing on hills.

**ALSODEIEÆ.** One of the two sub-orders of the Violet Family. (1) *Violeæ*, with irregular flowers. (2) *Alsodeieæ*, with regular flowers.

**AL SINACEOUS.** Allied to, or like, chick-weed.

**ALTHÆA.** 'To cure,' from its medicinal qualities. A genus of plants (N.O. *Malvaceæ*) including the Marsh Mallow and the Hollyhock; often extended to the genus *Hibiscus*.

**ALUMINUM.** Cooking vessels and other 'utensils' should not be used in the preparation of food, as contamination from the metal has been proved beyond doubt. Alkalies act as solvents of the metal. Alum baking powders have now been in use many years. Some margarines are said not to harden properly until a form of alumina is added. In H. W. Keens's book, "Death in the Pot," it is shown that much of our vegetable produce is rendered poisonous through treatment with soil dressings with a high content of aluminum and the water draining

through the land is similarly affected. It would seem, therefore, that Alum, in its many forms today, is a great menace to the health of the present and future generations.

**ALYSSUM.** 'A' (no) 'lyssum' (dog-madness), the plant being a supposed remedy for bite from mad dog. (The word 'supposed' is used here for lack of evidence. It may well be true.) *A. calycinum*, a genus of cruciferæ plants, including *A. Saxatile* or Gold-dust. Sweet Alyssum (or Alison), *Koniga maritima*, 'seaside Koniga,' a small cruciferous plant with white flowers.

**AMADOU.** German tinder, prepared from species of fungus, *Polyporus* and *Boletus*, growing on trees; used as a match and a styptic, and made into razor-straps.

**AMALGAMATE.** Formerly (1660) the word meant to soften by combining with mercury; hence, to alloy with mercury. Now, to combine (two elements, or one with another) in a homogeneous whole.

**AMANITA muscaria.** A poisonous species of mushroom, used as a means of intoxication in Kamtschatka. It is said to give this property to the urine of those who eat it.

**AMANITINE** is the active narcotic principle of poisonous fungi.

**AMARCUS.** An aromatic plant, the Dittany of Crete, (Marjoram to us). Pepper-wort (*Lepidium Latifolia*) 'Poor man's pepper,' was also known as Dittany (a corruption of *Dictamnus*). To prevent confusion, apparently, the name of the Pepperwort was changed to Dittander.

The English name for the *Origannum*, **Marjoram**, is thought to be a corruption of our subject word, the Gr. *Amaracus* or *Amarakos*. **A M A R A N T H U S.** 'A' (not) 'marian' (dying away). From *Amarant*, an (imaginary) flower that never fades. There are 38 genera and 282 species (1851). The plants are principally mucilaginous and demulcent. Examples in this family, Prince's feather, Love-lies-bleeding, Cocks-comb, Globe amaranth. *Amaranthus Blitum*, and other species, were used as pot-herbs. "Blitum" was the old name for wild *Amaranth*, but by changing the 'um' into 'e,' an Eng. word is formed and now given to Sea-Blite (N.O. *Chenopodiaceæ*).

**AMARINE.** The alkaloid formed by the action of ammonia on essence of bitter almonds, also called **BENZOLINE**.

**AMARYLLIDEÆ.** Bot. name of a family, from *Amaryllis*, the name of a country girl in Virgil. Of this family, Lindley enumerates 68 genera, and 400 species, and he divides them into four tribes:—*Amarylleæ*, *Narcisseæ*, *Alströmerieæ*, and *Agaveæ*. The fibres of *Agave Americana* yield Pita Flax. Its roots are sometimes used with Sarza (*Sarsaparilla*). *Agave Saponaria* is used in Mexico for washing. The bulbs of the *Narcissus* and other species are emetic. The Guernsey Lily is reputed poisonous. Some *Alströmerias* are diuretic.

**AMATORIAL.** Epithet of the oblique muscles of the eye, which assist in ogling.

**AMAZIA.** Non-development of the breasts in a female. From this word probably comes

**AMAZON**, a strong, tall, or masculine woman.

**AMBER.** 1. A resinous fossil, of a golden hue, varying greatly in intensity. Though now obtained like a mineral product, was originally a distillation from an extinct coniferous tree. It frequently preserves within itself plant structures and insects.

2. Amber is one of the names of St. John's Wort. Spirit of amber, Succinic acid, obtained from amber by dry distillation, and it is this that produces the aromatic odour familiar to those who have burnt the substance. Amber is the Hebrew word for electricity, it being the first form in which that power was known. But the discovery of its power of attraction when subjected to friction has been attributed to Thales, one of the seven sages of Greece. LIQUIDAMBAR is a resinous gum which exudes from the bark of the tree *Liquidambar styraciflua*. **AMBERGRIS.** The word is used for amber, as opposed to resin, or succin; a wax-like substance of ashy colour, found floating in tropical seas, and as a morbid secretion in the intestines, etc., of the sperm-whale. It has a musky odour when warmed: is used in perfumery and in (pathological) medicinal preparations for catarrh and nervous diseases. Spermaceti Oil forms a valuable lubricant for delicate machinery since it does not readily become rancid or gummy.

**AMBOYNA WOOD.** The wood of the *Pterospermum indicum* (N.O. *Sterculiaceæ*).

**AMBRETTE.** 1. A pear with the odour of musk. 2. The seeds of *Hibiscus Abelmoschus* (N.O.

*Malvaceæ*), used in perfumery.

**AMBROSE.** A name used of (1) an English plant, the Wood Sage (*Teucrium Scorodonia*).

(2) Of *Chenopodium Botrys*.

**AMBROSIA.** Of a genus allied to Wormwood. Of pollen ("bee-bread"). Of the fabled drink, food, or unguent of the immortals. *Ambrosia Artemisifolia* is the Oak of Jerusalem.

**AMELANCHIER.** A genus of small trees, allied to the Medlar.

**AMELCORN.** An inferior wheat, the Larger Spelt; French Rice.

**AMERICAN COWSLIP.** Dodecatheon.

**AMENORRHOEA.** Absence or suppression of the menstrual discharge.

**AMENTAL.** Bearing catkins.

**AMETHYST.** Gr. a-methusia. A species of rock-crystal, supposed to prevent intoxication, and of which drinking-cups were made.

**AMMI.** Bishop-weed: a name used in the 16th century for what is now known as Gout-weed (*Aegopodium Podagraria*).

**AMMONIA.** A colourless gas, pungent-smelling, with strong alkaline reaction. The name owes its origin to the practice of distilling camel's dung in Libya near the temple of Jupiter Ammon. The organic matter of plants consists of carbon, oxygen, hydrogen, and nitrogen, and these four elementary bodies are supplied to them chiefly in the form of carbonic acid, water, and ammonia, the latter being the chief source of nitrogen, produced largely by decaying animal tissues, combined with hydrogen. It is also thought that the ammonia and carbonic acid in the atmosphere

are derived in part from volcanic actions going on in the interior of the globe. The continued fertility of some parts of Italy is attributed by Daubeny to the disengagement of ammoniacal salts and carbonic acid by volcanic processes going on underneath, and to the same source he traces the abundance of gluten in the crops, as evidenced by the excellence of Italian macaroni. Another theory (Mulder's) is that the ammonia is produced in the soil by the combination between the nitrogen of the air and the hydrogen of decomposing matters. By all porous substances like the soil, ammonia is produced, provided they are moist, and filled with atmospheric air, and are exposed to a certain temperature. Manures containing ammonia owe their excellent qualities to the nitrogen which enters into their composition, hence the value of urine in cultivation.

**AMMOPHILA.** 'Sand-loving,' because the plant loves a sandy soil. Com. name, Marram, Seareed, or Mat-grass.

**AMOMUM.** The rhizome of *Zingiber officinale* (*Amomum Zingiber*), constitutes the Ginger of commerce. Various species furnish the Cardamoms of the shops:—a Java plant (*A. Cardamomum*), supplies the round Cardamoms; *A. angustifolium* (*Madagascar*) supplies some of the seeds called Grains of Paradise; *A. maximum* produces the C. of the London market. *A.* is one of the items included in the list of unsaleable luxuries and necessities at the fall of Babylon.

**AMPELIDEÆ or Vitaceæ.** The Vine Family.

**ANDROMEDA.** Named after a Grecian princess. A genus of plants belonging to the Ericaceæ. *A. polyfolia*, wild Rosemary, grows in British peat bogs; *A. rosmarinifolia*, in Newfoundland and Labrador.

**ANEMONE.** Gr. 'animos' (the wind); because the plant loves the wind. A genus of Ranunculaceæ, includes several beautiful flowers which possess the property of extreme acridity. *A. pulsatilla*, the Pasque flower, and *A. pratensis* are powerful emetics; the leaves of the former will raise blisters on the skin. *A. nemorosa*, is the wood-anemone or 'wind-star,' common in Britain.

**ANET.** (*Anethum Graveolens*), the common Dill, an old word, which means 'to quiet.' An umbelliferous plant, grown for its aromatic seeds or fruits, used for seasoning and as a soothing medicine for children. Anethene and Anethol, essential principles of the oils of dill, fennel, etc.

**ANETIC.** Assuaging, soothing. **ANEURYSM.** A dilation or bulging of the wall of an artery. **ANGELICA.** (*Herba angelica*) 'root of the Holy Spirit.' So named because of the good medicinal properties and pleasant taste of the plant. Will remedy many forms of disease—colic, cold in the stomach, cough, deafness, fevers, gout, liver, pleurisy, and will efficiently cleanse the blood of what is bad. It is a good protection against contagion. The roots, leaves and seeds possess carminative, diaphoretic, expectorant, stimulant, stomachic and tonic properties, and, if dried, can be made into a powder, a pinch of which may be taken two or

three times a day. Candied Angelica stalks, dried and preserved in good sugar, are perhaps its most useful form, and should be more widely appreciated. It should be minced and a small quantity mixed into wholemeal cakes, dried fruit puddings or, best of all, blended with other minced ingredients (e.g., seeded raisins, sultanas, currants, candied citron, ginger, and nuts), pressed into slabs for serving at home, or cut into small squares for outdoor rations. Combines well with Coriander-seed powder as a flavouring spice. It is thought that Angelica should not be taken by diabetic sufferers.

**ANGELINA.** A genus of Leguminosæ, native esp. to tropical America.

**ANGER.** Has a deadening effect on the reasoning faculty, and is, in fact, a form of temporary madness, having a far-reaching evil effect on the bloodstream in a short period of time. Food should not be taken whilst anger is present.

**ANGURIA.** A plant of the gourd family; also its fruit.

**ANGUSTIFOLIUM.** 'Angustus' (narrow); 'folium' (leaf); narrow-leaved; a very common second bot. name.

**ANGUSTURA.** *Galipea officinalis*, a bark sometimes used as a tonic and febrifuge.

**ANIDRODIC.** Tending to check perspiration.

**ANIL.** The Indigo shrub.

**ANISE.** (*Pimpinella Anisum*). Thought by some to be identical with Dill. Pliny attributed nine remedies to this plant. Aniseed may be recommended for the same purposes as Fennel; the two

may be combined in use for flatulence, 4 or 5 drops, with a little honey, once or twice daily.

**ANNOTINE.** A tree of which the fruit does not ripen in a single season; e.g., the fig. Hence Annotinous—a year old.

**ANNUAL.** 'Annualis' (lasting a year); a plant that comes up, blooms, and dies all in the year.

**ANTHELMINTICS.** Medicines which destroy or cause the expulsion of worms. Quassia, Rue, Senna, Southernwood, Tansy, Wormseed, Wormwood, etc.

**ANTHEMIS.** 'A flower.' The flower of flowers, because of its great medicinal properties. Name for Chamomile group.

**ANTHESIS.** Derived from or flavoured with flowers. Honey, oil or wine flavoured with flowers.

**ANTHOMANIA.** An extravagant passion for flowers.

**ANTHOS.** Rosemary (1585), 'the flower' par excellence.

**ANTHOSPERMUM.** Or amber-tree, a genus of Rubiaceæ found in Africa and Madagascar. It is allied to the coffee and cinchona.

**ANTHOXANTHUM.** A genus of grasses (Gramineæ) of which the species *A. odoratum* is known to farmers as sweet vernal grass. It has pale yellowish-green flowers and only two stamens; the stems contain coumarin, which causes the fragrance of new-mown hay.

**ANTIARIN.** The active principle of *Antiaris toxicaria* or Upas antiar, a Javanese poison tree. It was fabled to grow in a desert sterilised by its own pestiferous qualities, whereas it flourishes in reality in woods without harming its neighbors. The island where the *Antiaris* grows contains vol-

canic valleys which emit carbonic acid gas, fatal to animals and plants alike, which probably accounts for the fable. The upas-tree, however, is also killed by this gas.

**ANTIDOTE.** A medicine given to counteract the action of poison, or an attack of disease. An A. may be chemical, i.e., one that changes the nature of the poison so as to make it insoluble or harmless, e.g., if lemon juice is used as an A. in poisoning by caustic soda, a corrosive poison is changed into citrate of soda. Tannic acid has the effect of changing alkaloids and many metallic poisons into an insoluble substance, thus preventing absorption. Another type of A. produces an exactly opposite effect on the body to that produced by the poison; such is called a physiological antidote, e.g., strong coffee in opium poisoning. Opium is a narcotic which produces drowsiness, deepening possibly into profound unconsciousness and death. Coffee banishes sleep, and therefore, in opium poisoning, large quantities of strong coffee are given. The latter is antidental also to chloroform, ether, chloral, sulphonal, veronal, trional, antipyrine, camphor and alcoholic poisoning (beer, wines, spirits, rectified spirits, methylated spirits). In certain cases of poisoning, e.g., strong mineral, formaldehyde, alkalies, caustic, zinc salts, it is wrong to give an emetic, for such would add to the irritation of throat and mouth; in others, e.g., lysol-poisoning, it is wrong to give water. In cases of phosphorus and of cantharides (Spanish fly, blistering fluid) no

fats or oils must be given. Epsom salts,  $\frac{1}{2}$  oz. in water,  $\frac{1}{2}$  pint or more, is the A. for carbolic acid, white lead and oil of turpentine poisoning. Fresh air is a good A. to acetylene and prussic acid (cherry laurel, bitter almonds). Tannic acid is an A. for belladonna (deadly nightshade), atropine and henbane. As tannic acid is contained abundantly in strong tea, such is useful in cases of poisoning by aconite, antimony, cocaine, digitalis, nux vomica (strychnine), tobacco (nicotine, fruit-tree spray) and wolfsbane (Monkshood). For prevention, in chlorine or mustard-gas-laden atmosphere, breathe only through a cloth soaked in one of the aromatics, Sage, Eucalyptus or Cloves.

There is not much call for antidotes in Herbalism; nevertheless it is a subject on which some knowledge is useful. In cases of food-poisoning, or by an unknown plant, many of the medicinal Herbs would act as an emetic. In one case in the writer's experience, antispasmodic powder was used as an A. to poisoning caused by dyed kippers, with an instantaneous effect.

**ANTIGALACTIC.** Of use in preventing the secretion of milk.

**ANTIPLASTIC.** Unfavourable to the process of healing or granulation. Also used of medicines which impoverish the blood.

**ANTIRRHINUM.** 'Anti' (opposite); 'rhina' (the nose); from the mask-like look of the flower. Also called snapdragon, order Scrophulariaceæ, the Figwort Family.

**ANTISEPTIC.** Counteracting putrefaction. The Myrtle Family furnishes several excellent anti-

septics, Eucalyptus, Melaleuca, and the Clove. (The use of the latter in the manufacture of paste proves its virtue in this respect). Myrrh and Aloes, it will be remembered, were used by embalmers of the dead in olden times, and it is a pity that these spices, etc., are not used more freely today by the living. In emergency, as a dressing for slight wounds, a weak solution, known as normal saline, is useful to know of, and may be the only lotion required throughout the treatment. It contains about 80 grains of common salt to the pint of boiling water. It is perfectly bland, i.e., it does not "sting." Thyme is also a good A.

**ANTISPASMODIC.** Preventing or relieving spasms, or involuntary and irregular contractions of the muscles of the body, a simple example—Dill water for an infant. Most of the aromatic and carminative Herbs act in the same way. Herbs possessing this property include Arrach (for hysteria), Burdock-seed, Black Cohosh, Caraway-seed, Cayenne, Cranberry (or Cramp bark), Ginger, Golden Seal, Gum Myrrh, Lobelia (Herb and seed), Mistletoe, Rosemary, Rue, Scullcap, Skunk Cabbage, Thyme, and Valerian-root. The most powerful preparation in the whole range of Herbal practice is the following tincture; having instantaneous effect, traversing the whole nervous system from head to foot; it is suitable for all spasmodic affections, cramp, convulsions, fits, lockjaw, and might even prove to be a "corpse-reviver" in the hands of an optimistic healer, and thus be used with success in cases of

suspended animation. Anti-spasmodic Tincture:—

Skunk Cabbage.....	1 oz.
Lobelia-seed .....	$\frac{1}{2}$ oz.
Burdock-seed .....	$\frac{1}{2}$ oz.
Scullcap .....	$\frac{1}{2}$ oz.
Valerian .....	$\frac{1}{4}$ oz.
Black Cohosh .....	$\frac{1}{4}$ oz.
Cayenne .....	1 drachm.

Infuse in one pint of rectified spirits of wine, shake up every day for fourteen days, then strain off, and bottle for use. Dose: from ten drops to one or two teaspoonfuls in hot water, sweetened with honey, according to the nature of the case.

**ANTRUM.** In anatomy, a term applied to the cavity in the body of the upper jaw-bone, forming an accessory cavity to the cavities of the nose. The A. lies beneath the cavity containing the eyeball and behind the cheek, the roof forms the floor of the orbital cavity. Ordinarily these cavities are filled with air. If a person is in a dark room and a small electric lamp is put into the mouth, the face is transilluminated, and clear spaces indicate the position of the air-filled antra.

**ANURY.** Absence or lack of urine.

**ANUS.** 1. The posterior opening of the alimentary canal. 2. An opening at the base of a flower.

**APARINE.** G. name for the Goosegrass, adopted by the Latins and used as second bot. name of the plant.

**APHANES.** 'Unseen or unnoticed.' Linneus thought this plant—Parsley Piert—sufficiently distinct to have a group of its own, and called it Aphanes, but

Bentham and Hooker have included it in Alchemil group.

**APIOL.** The active principle in parsley, one of the best things for stimulating blood circulation. It also aids digestion. Parsley-camphor, obtained by distilling parsley-seeds with water.

**APIUM.** L. name for Wild Celery, in the Umbelliferous family, where Angelica, Hydrocotyle and Myrrhis are found amongst such other useful species as the Carrot, Parsnip, Parsley and Coriandrum.

**APLOMB.** A word having the attractive derivation, "according to the plummet." Meaning confidence, self-possession.

**APOCALYPSE.** The revelation of the future granted to John in the Isle of Patmos. A writing that contains valuable material for the healer.

**APOCARPOUS.** "Apo" (from); "karpus" (fruit); when the seed-vessels are quite distinct or only partially united.

**APOCRUSTIC.** Having power to repel, astringent.

**APOCYNACEÆ.** "Apocynon," Dogsbane, so named because it was fatal to dogs. Many of the plants are poisonous and the order is in general to be regarded with suspicion. Nerium Oleander is poisonous, and Tanghinia venenata (Cerbera Tanghin) is a most deadly plant. The roots of Apocynum cannabinum are said to be emetic and the Vincas (Periwinkles) are astringent and acrid.

**APOGEOTROPISM.** The tendency of leaves, etc., to turn away from the earth.

**APOPLEXY.** A Gr. word introduced into the English language by Chaucer, meaning a "striking down." The malady is sudden in its attack, arresting the powers of sense and motion, a "kind of Lethargie, a sleeping of the blood." Often spoken of as "a stroke" and conveys the idea of a man being suddenly felled by an unseen hand.

**APOTHEC.** (1591). A shop, or storehouse, especially for drugs. **APOTHECARY.** Originally, one who kept a store or shop of non-perishable commodities, spices, drugs, comfits, preserves, etc. The modern apothecary is a general medical practitioner, by license of the Apothecaries Company: but in popular usage the term is archaic.

**APOTHECARIES' MEASURE.** In this scale, a pound consists of 12 ounces of 480 grains each, while a pound avoirdupois consists of 16 ounces of 437½ grains each. Quantities of liquids up to an ounce are prescribed according to the apothecaries' measure; larger quantities are measured on the imperial scale. The two measures are as follows:

#### Apothecaries'

Dry:

20 grains = 1 scruple.  
3 scruples = 1 drachm.

Wet:

60 minims = 1 fluid drachm.  
8 fluid drachms = 1 fluid ounce.

#### Imperial

Dry:

437.5 grains = 1 ounce (oz.).  
16 ounces = 1 pound (lb.).

Wet:

20 fluid ounces = 1 pint.  
8 pints = 1 gallon.

It should be noted that although a minim is sometimes presumed to be the same thing as a "drop" (g.t.), it is not so in fact. The size of a drop varies according to the nature of the liquid, the lip of the bottle and other circumstances.

**APOZEM.** A term (med.) meaning a decoction or infusion.

**APPLE.** (*Pyrus*). The round fruit of a Roseaceous tree; one of a dozen other delicious fruits of the same family. It is cultivated in innumerable varieties all over the two Temperate Zones. The Crab-apple, a wild variety, is found in hedges and woods. The word "apple-tree" occurs five times in the Bible and the fruit is used as an illustration in the Proverbs.

**APPLE-JOHN.** From St. John's Day, when this fruit is ripe. An apple said to keep two years, and to be ripe when much withered. (An excellent item to include in your store cupboard.)

**APRICOT.** "Al" (the); "birouk" (peach).

**AQUA MIRABILIS.** "The wonderful water," prepared of Cloves, Galangals, Cubebs, Mace, Cardamums, Nutmegs, Ginger, and spirits of wine, digested twenty-four hours, then distilled.

**AQUATILIS.** "Aqua" (water); found or growing in water. A very common second bot. name. The aquatic plants, growing in fresh water, either stagnant or running, include the *Sagittaria* (arrowhead), *Nymphaea* (water-lily), *Potamogeton* (pondweed), *Subularia* (awlwort), *Utricularia* (bladder-wort), *Stratiotes* (water-soldier), *Lemna* (duckweed), *Pistia*, *Confervæ*, *Oscillatoriæ* and

*Ranunculus flaviatilis*. Some of these root in the soil, and appear above the surface of the water; others root in the soil and remain submerged, while a few swim freely on the surface without rooting below. Aquatic plants are distinguished by six different words in Hebrew as follows: (1) "Gome," bulrush, identified with the papyrus. (2) "Achu," appears to be some plant with an edible tuber and pasturable leaves, perhaps *Cyperus esculentus*. (3) "Suph," weeds, probably means water-plants generally. (4) "Kaneh," reed. (5) "Agmon," bulrush, probably from the allusion "bow down his head," the *Arundo donax*. (6) "Aroth," paper-reeds; probably any marsh herbage. (Variorum Bible).

**AQUIFOLIUM.** Having pointed leaves like the Holly.

**AQUILARIA.** Trees, natives of the tropical regions of Asia. They have no known medical properties. *A. ovata* and *Agallochum* furnish a fragrant wood called Eaglewood, or Aloes-wood, probably the trees of Aloes or Lign-Aloes, of the Bible, yielding an aromatic perfume.

**AQUILINA.** "Belonging to the eagle." Second bot. name for the Bracken.

**AQUILEGIA.** So named because that part of the flower where the honey is to be found was supposed to be like the claws of the eagle. Bot. name for the Columbine group.

**ARABINE.** Familiarly known by the name of gum-arabic or gum-senegal, and is the produce of various species of *Acacia*.

**ARABIS.** The typical plant of the *Arabidæ*, a tribe of *Cruciferæ*.

The species which grow in Britain are known as rock-cress, and to the same tribe belong the water-cress, stock and wall-flower.

**ARACEOUS.** Belonging to the N.O. *Araceæ*, as the Cuckoo-pint or Wake-robin. The general property of the order is acridity. In some instances the rhizomes yield much starchy matter. The starch may be separated and used as Arrow-root. Portland Sago is prepared from the rhizome of the common Cuckoo-pint. *Caladium seguina* is called Dumb-cane, on account of the swelling of the tongue caused by chewing the plant. Many of the plants of this order give out heat in a marked degree during flowering, especially species of *Arum*, *Caladium*, and *Colocasia*. The *Arum* occasionally had a temperature 20 or 30 degrees above that of the surrounding air, during experiments made.

**ARACHIS.** A genus of leguminous plants, including one known as the Ground Nut. It yields a sweetish oil used to adulterate olive oil.

**ARBOR.** Lat. for "tree," used in part of names, as in *arbor Judæ*.

**ARBOR VITÆ** (tree of life), a Chinese and American species of *Thuja*, of the order *Coniferæ*. *T. orientalis* is the name of the former, *T. occidentalis* of the latter.

**ARBORIST.** Orig., arboriste, now herboriste. A keeper of a "herber"; a Herbalist.

**ARBOR VINE.** The Sarsaparilla.

**ARBUTUS.** A genus of evergreen shrubs of the order *Ericaceæ*. *A. unedo*, the strawberry

tree mentioned by Virgil, bears a berry which resembles the strawberry.

**ARCANUS SENILIS.** Lit. the bow of old age. A narrow white or yellowish band which begins to appear first at the upper and then at the lower margin of the cornea and extends along the edge until these two arcs meet at the sides so as to form a complete ring. The change is due to fatty degeneration of the tissue and usually begins to take place before the age of forty.

**ARCHANGEL.** One of the names of Yellow A., so called because it is in flower on St. Michael's day. It is the name of several species of Deadnettle and allied plants. The genus Archangelica or Angelica belongs to the Umbelliferæ.

**ARCTIUM.** "Arktos" (a bear). Refers to the general rough look of the plant. Name of Burdock group.

**ARCTOSTAPHYLOS.** Name of Bearberry Group, so called from the fruit being eaten by bears. It has been used in dyeing and in tanning, as well as for gravelly complaints and for diseases of the urinary organs.

**ARECA.** A genus of palms, growing in tropical Asia. *A. catechu* is cultivated all over India for its seeds, the pinang or betel nuts; mixed with lime and the leaf of the betel pepper it is universally chewed.

**ARENARIA.** "Arena" (sand); the soil the plant likes. Name of Sandwort group. *A. peploides*, the sea-purslane, grows on the sea-coast and is noted for its fleshy leaves.

**ARENATION.** Application of hot sand to the body as a remedy.

**ARENG.** Name of one of the palms that produce sago and palm wine, found in all the islands of the Indian Archipelago.

**ARGEL.** Of the order Asclepiadaceæ, found in Syria, Arabia and Africa. Its leathery and acrid leaves are sometimes used in the adulteration of senna.

**ARGIL.** Clay, esp. potter's clay. Proposed at one time as a name for alumina.

**AGEMONE.** A small genus of the Poppy family.

**ARGOL.** The crude product deposited on the bottom of a cask during alcoholic fermentation. It is used for the preparation of "cream of tartar" and tartaric acid.

**ARISTOLOCHIACEÆ** (Birthwort). Name of a plant promoting childbirth. A large genus of Herbs or woody vines, the birthworts, as they are popularly called. They are characterised by pungent aromatic rootstocks and irregular flowers, curiously shaped, with peculiar markings. The European birth-worts and related species were once famous for their reputed medicinal properties.

#### HEART DISEASE, OR WEAKNESS

Motherwort  $\frac{1}{2}$  oz., Lily of the Valley leaves 1 oz.; infuse in a quart of boiling water. Strain when cold.

Dose.—Half a teacupful frequently.

#### SOME WILD PLANTS AND THEIR MEDICINAL USES

By W. Crompton, M. N. A. M. H.

Well might the poets sing of the merry month of May. Nature at this time is overflowing with joy. As we look around the fields we are attracted by the vivid contrasts in colour of such flowers as the Buttercup, and the Watercress, the Chickweed and the Germander Speedwell, the herb Robert and the Woodruff, the Buckbean and the Golden Saxifrage, and that bush of yellow flame called Furze, before which Linnæus knelt and thanked God on first seeing it for having given a sight so beautiful. A close relative of Furze is Broom, and we will give you some useful information concerning it this month.

#### Broom

*Cytisus Scoparius* (Linn). N.O. Leguminosæ. Synonyms—Broom tops, Bisom, Bizzom, Irish Broom, Scotch Broom.

**Habitat.**—It grows abundantly on sandy pastures and heaths throughout Britain, in parts of Europe and Northern Asia.

**Description.**—Height: Broom grows from 3 to 5 feet, with numerous long, straight, slender, bright green branches, tough, flexible, smooth and angular. Leaves: alternate, that is, proceeding regularly on opposite sides of the stem; when young they are hairy. The lower leaves have short stems, with three small oblong leaflets, those near the tips of the branches are sessile (or without stalk) and small. The plant bears a profusion of bright yellow fragrant blossoms resembling the



BROOM

flowers of sweet peas. These in turn are followed by large black pods  $1\frac{1}{2}$  inches long, hairy on the edges. Broom flowers from April to July. All who have enjoyed a day on the moors among the Broom and heather will have heard the sharp report of the bursting of the pods when the seeds are ripe.

**Part Used.**—The young extremities are collected from the branch in flower about the beginning of May, at which time they contain most alkaloid. They are used medicinally in both the fresh and dried state. The juice of Broom is mentioned in the United States, British, German and French Pharmacopœias.

**Composition.**—The activity of Broom depends on two principles, (1) Sparteine, a colourless, transparent, oily liquid, when fresh. (2) Scoparin, a glucoside which contributes most of the diuretic activity of Broom. Some other constituents are a volatile oil, sugar, tannin, fat, wax, and a large amount of alkaline matter.

**Uses, and Active Medical Properties.**—The extract is a stimulating and relaxing diuretic which causes a free flow of urine. With herbs for the liver and tonics to the digestive organs this agent is of great value in dropsy of cardiac origin, or combined with suitable agents as stated under the next heading it is useful in general dropsy.

**Preparation.**—It is one of the most useful diuretics, recommended for most forms of dropsy, retention of urine, and for hydrocephalus, or water on the brain. To 1 oz. of the herb add 1 pint of boiling water, let it stand 30 minutes, covered. Dose, 1 small wineglassful frequently, or 5 times daily.

This is a successful combination for dropsy:—

Broom Tops (*Cytisus Scoparius*) 1¼ ozs.

Wahoo Bark (*Euonymus Atropurpureus*), 1½ ozs.

Ginger (*Zingiber*), ½ oz.

Cayenne (*Capsicum*), ½ dram.

Add to the above 4 pints water, simmer down to 3 pints, strain. Dose, small wineglassful 3 times daily.

In liver complaints take:—

Dandelion Root ..... 1 oz.

Broom ..... 1 oz.

1 quart water, simmer 10 or 15 minutes, sieve. Dose, ½ to 1 small wineglassful 3 or 4 times daily. To improve kidney and bladder conditions take:—

Broom Tops ..... 1 oz.

Dandelion Root ..... ½ oz.

Juniper Berries

crushed ..... ½ oz.

Add a little Ginger or Cayenne Pepper.

Pour 2 pints boiling water on

the Broom and Dandelion and simmer 15 minutes. Three minutes before straining add the other ingredients. Dose, small wineglassful 3 or 4 times daily. This must not be used in acute inflammation of kidneys or bladder.

For suppression of urine use:—  
Broom (*Cytisus Scoparius*) ½ oz.  
Dandelion (*Taraxacum*

Officinale) ..... ½ oz.

Tansy (*Tanacetum Vulgare*)

..... ½ oz.

Pellitory-of-the-wall

(*Parietaria Officinalis*) .. ½ oz.

Valerian Root

(*Valeriana Officinalis*) .. ½ oz.

Add 4 pints water to all excepting the Valerian, boil down to 2 pints, and a minute or two before straining add the Valerian root.

For general dropsy prepare as follows:—

Nettles (*Urtica Dioica*) .... ½ oz.

Juniper Berries (*Juniperus*

*Communis*) ..... ½ oz.

Burdock Seed (*Arctium*

*Lappa*) ..... ¼ oz.

Dwarf Elder (*Aralia*

*Hispida*) ..... ½ oz.

Composition Powder ..... ¼ oz.

Add 1¼ pints water, simmer ½ hour, sieve. Dose, 1 wineglassful 4 times daily.

Do not forget to seek the advice of a qualified Medical Herbalist, or Botanic Practitioner in all cases.

### DILATATION OF THE HEART

The Bugleweed (*Lycopus*) is one of the best. It relieves the difficult and oppressed breathing. It is also good for all chest troubles. Infuse one oz. of the plant in a pint of boiling water for 20 minutes.

Dose: Wineglassful four times a day. Fl. Ext. 10 to 60 drops.

### COLD FEET

Figuratively speaking, to have cold feet means to lack initiative and courage. Literally, cold feet deprive our health of its initiative against sickness. They put the body on the defensive instead of the offensive, as cold feet mean lowered vitality in every part of the organism.

Why this is so is soon realized from a brief study of the anatomical structure of the feet. Each foot is filled with a number of small veins and arteries, and a myriad of tiny blood capillaries. Any retardation of the blood's circulation in the feet reacts throughout the entire system.

In a similar way, the feet are full of nerves. If you trace their relation to the main nerve system, you will see how easily a set-back in their activity affects internal health. Through the combined reactions of the blood and nerves, cold feet are major causes of colds, catarrh, and other winter ills.

Your reaction when you place your feet in cold water is illustrative. Almost at once you go all goose-fleshy. The pores close and your skin stops its excretory work. At the pit of your stomach you feel your nerves tighten, and if you are not in particularly good health, your heart may falter momentarily, too. These are only transitory reactions, but they are illustrative of the way the condition of the feet affects the body.

In winter the chilled and restricted nerves of the feet pro-

duce similar reactions in the stomach and digestive organs. Food is more difficult to digest when your feet are cold, as the nerves in the stomach region are chilled and paralysed also.

Thus by restricting the body's healthful action, cold feet are a primary cause of much winter illness, and a symptom accompanying many major diseases. In the prevention as well as in the cure of colds, coughs, and catarrh, it is essential to ensure that the feet are warm.

**Editor's Note:** Among our Foot Remedies are the following excellent formulae: No. 415—Price 50c.

### RHEUMATISM — CAUSES AND CURE

By C. E. Morley, F. N. A. M. H.

Now that winter is approaching this troublesome complaint will be on the increase, and our climate, with much rain and damp atmosphere is very conducive to provoking attacks.

The well known association of cold and damp with rheumatism has obvious implications; that insufficient warm clothing, leaky footwear, damp houses—not the true fundamental causes of rheumatism, but certainly among the worst provoking causes of this crippling complaint, especially with people with a predisposition to develop this malady.

The true fundamental causes leading to the development of rheumatism are, anything that lessens the vital force in the human body. Low vital force means a reduction of bodily heat; the lowering of bodily heat means less activity of the skin, and throws a greater amount of work on to the Kidneys.

Causes which can reduce the vital activity are anything which debilitates and weakens the body and nervous system; fatigue, over-work, worry, excesses, such as smoking, drinking alcoholic preparations which are also adverse to healthy kidney action, and anything that weakens the heart's action on which so much depends in rheumatism; for poor heart action means a poor circulation of blood, and poor circulation means lack of bodily heat with cold extremities, thus laying a foundation for rheumatism; this is why old people whose fires of life burn low are addicted to rheumatism more than younger and vigorous persons. Rheumatism is no respecter of persons and attacks both young and old, if conditions of the body warrant it.

The main cause, which I have not yet mentioned, is one of wrong feeding; excessive acid-forming foods, such as salt, vinegar, pickles, sauces, meats and meat gravies and excess of proteins, with an insufficiency of foods that will keep the blood in a proper healthy alkaline balance, such as green vegetables, and fruit juices (ripe). Foods that are rich in alkaline materials, also vitamins, are fresh fruit and vegetables; along with a proper balance of fats, and other foods, that will stimulate, and create, bodily heat and vitality.

Constipation, whether or not induced by wrong feeding, is also a further cause of this complaint, by creating toxins in both bowels and bloodstream, which have definite acid reaction.

The scourge of rheumatism will not lessen, but more likely increase until more knowledge on food values and proper feeding are disseminated to the public, with a removal of many of the provoking causes by better social conditions.

The amount of ill-health caused by this disease can be gauged from the fact that the Ministry of Health estimated that in 1927 there were 23,000 children in England and Wales with rheumatic heart diseases. The actual figure for the whole population must be many times greater.

In the latter part of the nineteenth century and in the early part of this, disease was held to be due to bacteria, and the isolation of the different bacteria and the study of their differences was held to be of great importance.

While rheumatic fever is often preceded by a sore throat, and one or more members of the family of bacteria known as streptococci are usually present in the throat, no bacteria can be found in the rheumatic joints themselves.

This is an admitted fact, and it is now dawning on the medical profession that rheumatism, like many other diseases, is the result of a chain of factors in which the presence of bacteria is incidental.

The Herb Doctor and Nature Curist have never been misled in this complaint by bacteria, but have treated the disease for many years with a great measure of success by knowing the causes to be those outlined in this article. His medication has always been directed towards increasing the vital force, bodily heat, and stimu-

lating the natural powers of the body to eliminate the poisonous acid toxins through the natural channels of elimination, such as the skin, bowels, kidneys, by supplying herbs that both influence the organs mentioned and alkalise the blood at the same time; thus after eliminating the poison, restores a healthy balance.

Herbal remedies are so numerous that one could easily mention at least 40 herbs that can be used with confidence in various combination for rheumatism.

Children will often complain of various aches and pains in their limbs which adults very often mistakenly call growing pains. Do not take the child's complaining too lightly; more often these pains are true rheumatic pains and if neglected may lead to rheumatic fever.

The following is a good all round remedy for ordinary rheumatic cases:

Yarrow Herb .....	$\frac{1}{2}$ oz.
Burdock Root or Seeds .....	$\frac{1}{2}$ oz.
Angelica .....	$\frac{1}{2}$ oz.
Buchu Leaves .....	$\frac{1}{2}$ oz.
Figwort Herb .....	$\frac{1}{2}$ oz.
Black Cohosh Rt. ....	$\frac{1}{4}$ oz.
Wintergreen Leaves ..	$\frac{1}{2}$ oz.
Composition Powder ..	$\frac{1}{2}$ oz.

Add four pints of cold water and gently simmer for twenty minutes, covered over. Dose: a wineglassful warm, three or four times a day.

If the case is one that shows very weak heart function; then  $\frac{1}{2}$  oz. of Lily of Valley leaves may be added; or if more stimulation is required,  $\frac{1}{2}$  oz. of Prickly Ash Bark or Berries.

The varying conditions may require the skill of a qualified

Herbal Practitioner to determine, so if you feel in doubt about your case or of any member of your family, seek out the nearest member of N. A. M. H. who will either advise you, or undertake to treat these cases.

## ONIONS

The onion is one of our most useful vegetables, both as a nutriment and as medicine. It contains sugar and phosphorus, food for body and brain alike, and it is rich in sulphur, food for the blood. A raw onion, rubbed into the scalp, has been known to cure baldness.

In former times onions were very highly esteemed, and even worshipped. Queen Elizabeth would breakfast with her Maids of Honour on beef, beer and onions. The Israelites in the desert longed for the onions of their Egyptian servitude (Numbers xi. 5). The workmen who built the pyramid of Cheops, some fifty centuries ago, consumed over £200,000 worth of onions and garlic.

Garlic is merely a very strong form of onion. In the eighteenth century a physician made a fortune by curing asthma with garlic. He boiled the bulbs until they were quite tender, then dried them in a cloth. Then he added an equal amount of the strongest vinegar to the liquor in which the bulbs had been boiled, with enough sugar to make a syrup. This was poured over the bulbs. The patient took one or two before breakfast, and was soon cured of his asthma.

From "New Health," London, Eng.

**POTATOES**

The once popular potato has slipped into a not-so-popular class of foods because many think it a heavy starch and very fattening. This is not true, says Mildred Lager in "Health News." Too often there is too much potato plus rich gravies, butter, and sauces that it is served with.

Many eat potatoes but give up bread because of counting calories. Potatoes contain 378 calories per pound; bread, anywhere from 1,113 to 1,345. A baked potato of 150 grams has 175 calories; 25 grams of bread has from 65 to 75. If you add a pat of butter to either, be sure to count 100 more calories.

Potatoes are not as high in starch as many think. They have 14 to 18 per cent. depending on kind and size. The smaller they are the less starch they have. Canned new potatoes are nice to use because they are tiny and can be secured the year around. Many vegetables have more carbohydrate than potatoes. For instance, sweet potatoes about 27 per cent., yams 24, fresh lima beans 22, dried lima beans 65, corn 19, and large green peas about 16. How many say they never eat potatoes because of too many calories and yet fill up on buttered lima beans!

Starch of the potato is easily digested and alkaline. For this reason it is often preferable to cereals which not only have more starch but are decidedly acid in ash.

The two best ways of cooking potatoes are to boil them with the jackets on, or bake them. Many minerals that we especially need are under the skin and lost when

potatoes are peeled and then boiled. Many on corrective diets use very little starch and cannot have potatoes. They can get the minerals found in the potato by adding a small amount of the powdered potato peel to their regular food.

I hope I have given you a different slant on the potato. Properly used, it is a fine vegetable. If you have been hesitating because you fear it fattening, give yourself a treat—have a baked potato with some low starchy vegetables, either raw or cooked. Apply mind over platter on the butter and fancy desserts.

**DISCOVERY OF A NEW TYPE MASSAGE**

By Logan Clendening, M. D.

A man was idly playing with a rubber band — wrapping it around his finger. He left it on while he attended to a telephone call and afterward his finger was naturally bluish and swollen. He moved it with the rubber band still in place. He had no clear-cut notion of what he was doing, but subconsciously had an idea of bringing the circulation back into his finger.

And then suddenly he sat up and began to take notice. His finger had been stiff from an accident—he had caught it in a car door and now for the first time it was beginning to limber up. Maybe it was the rubber band. He took the band off and gave the finger a rest, then wrapped it back on and began moving it again. Three or four of these treatments a day for three days and his finger was as good as ever.

He went to his doctor with his story. The doctor tried it not on fingers, but legs and arms. A new treatment was born—compression massage.

For the arm or leg, rubber tubing is substituted for the rubber band. Start wrapping distally, or from the outer side toward the center. Leave it on three or four minutes at a time. It is used for stiffness, rheumatism, chilblains and circulatory sluggishness.

**DIET CHANGE CURES GOUT AND DEAFNESS**

By Gobind Behari Lal,  
Science Editor Hearst Newspapers  
and a 1937 Pulitzer Prize Winner

Scientific diet, especially rich in vitamin B, and closely related vitamins of the B-complex system, has been found to prevent and overcome deafness, gout and certain eye defects.

This sounds sweeping.

But such able physicians as Drs. Grant Selfridge, Martin G. Vorhaus and others have presented recently most startling results from use of high doses of vitamin B.

Dr. Vorhaus and his colleague, Dr. Sidney S. Berkowitz, in New York, found, as far as is known for the first time, that:

Vitamin B-1 has the power to rejuvenate broken-down bone tissues, and thus produce noteworthy improvements in cases of gout.

Since its clear recognition by an English physician of the 18th century, gout has been a mysterious disease.

While this disease does not occur very frequently in the United States, its occurrence is greater

than is generally known even by physicians. Drs. Vorhaus, Berkowitz and their co-workers have not yet found a direct relationship between the lack of vitamin B in food and gout.

**Removes Acid Salts**

But they did almost stumble upon the fact that feeding or injecting vitamin B-1 removed uric acid salts from the gouty joints and later on regenerated the bones.

This is the new thing about it, that vitamin B-1 was not known before to be a reviver of worn-down bone material.

**TI-TREE OIL****A New Germicide**

For years search has been made for a good reliable Herbal germicide and antiseptic. A reference to our advertising pages will show that it is now possible for readers to buy TYRO-LOL, which is a solution of Ti-tree oil in vegetable soap; a much better preparation and three times stronger than carbolic acid.

Ti-tree oil is an essential oil prepared from the Australian Ti-tree *Melaleuca alternifolia*. This tree belongs to the important Natural Order, Myrtaceæ, which comprises many aromatic shrubs and trees. Among this group are the Eucalyptus, Ironbark, Bloodwood, and the various Gums. The Blue Gum is one of the most lofty trees in the world, growing to a height of two hundred feet, and it is on record that a plank measuring one hundred feet in length once sold for £100. A very re-

liable report says that one of the Eucalyptus trees which had fallen measured over four hundred feet in length! Obviously such good timber is in great demand.

The leaves of the Ti-tree are entire, obovate, dotted all over with transparent oil glands. The flowers are showy, with five petals; stamens are numerous with long filaments inserted in the calyx. The ovary is inferior of one or more carpels, but always with a single style and stigma. The fruit is a capsule which distinguishes the sub-order to which the Ti-tree belongs, the Leptospermeæ. The other sub-order, Myræ, has the fruit in the form of a berry. When in flower the Ti-tree attracts thousands of insects, chiefly beetles, which no doubt help in the process of conveying pollen. There are several allied species which are grown in this country as evergreen plants.

Greatly in its favour is that Ti-tree oil is non-poisonous, non-irritating and non-staining, thus making it of value internally or externally.

#### RUMEX

Before the craze for synthetic preparations, and new remedies generally, this agent held a larger place with physicians than it does today. Thomson, Beach, King, Webster, and Ellingwood all speak of its worth as a tonic and alterative. In defective metabolism at any age, good authors claim it quickly increases red blood corpuscles and hemoglobin, and by its kindly tonic action improves the nutritive processes. French writers claim that it holds a prominent place among the

iron-holding plants, that this iron is in an easily assimilable form, and they claim, by a system of cultivation, to increase this amount of organic iron in the plant. Thus the exhibition of Rumex supplies iron when needed in the system without irritating the stomach, blackening the teeth, or producing headache or constipation. It, therefore, becomes a valuable therapeutic remedy in cases of anæmia. In cases of brain trouble attended with melancholia, where anæmia is present; in cases of epilepsy with the same condition, especially after prolonged use of the bromides, this is a good medicine. In young girls at the change, when anæmic and scrofulous conditions are present, I believe we have few better remedies. It helps for two reasons. First, it supplies the iron which the system needs; secondly, by its kindly tonic action it improves appetite and digestion and helps assimilation. In dyspepsia attended with nervousness, pains in the left side and much eructation of gas, in morning diarrheas and ulcerative stomatitis, it is a grand remedy.

#### MANY DIETS LOW IN IRON

For years it has been known that many American diets are low in iron. There are many individuals who are listless, pale, and have little appetite—because their diets have been lacking in iron.

Today, persons who are always ailing aren't ordinarily content to accept the fact that they are constantly under par physically. They take steps to find what is wrong, consult a physician and check up on their diets.

#### THE EYES CAN REVEAL MUCH ABOUT AFFLICTIONS

By Dr. Herman N. Bundesen,  
Health Editor of "The Chicago Evening American."

You may say to your son, "Are you telling the truth? Look me straight in the eye." But your son may be telling the truth and yet might not be able to look you "straight in the eye." He may have trouble with his eye muscles so he cannot exactly fix his eyes on a spot close to him.

That is just one of many things we know about the eyes. The eyes have been called the "mirrors of the soul." We can say, too, the eyes are, in many cases, the "mirrors of health."

Eye specialists everywhere have long known that eyes can tell us much about some diseases.

The appearance of the eyes gives a good idea of a person's vitality, or the severity of the disease which he has. For example, Dr. E. B. Edie of Uniontown, Pa., tells of an interesting patient, a woman 67, whom he examined. Her skin was a greenish yellow color, due to jaundice. She had an excessive amount of bile coloring matter in the blood and tissues. Her liver was enlarged, and she had lost a great deal of weight.

All these are signs of cancer of the liver. However, on looking at this patient, he noticed she had a bright look in her eyes. Her eyes were too bright for her to be suffering from a cancer far enough advanced to produce those symptoms. It was more likely that

gall-bladder trouble might be giving the woman symptoms she had, and the doctors operated and found gall stones. These were removed and she lived in good health for ten years.

One of the things which may be noticed about the eyes is a swelling of the lids. Such swelling may be due to chronic kidney disease, or to an infection of the sinuses. It may also occur in a disease known as trichinosis (trik-i-NO-sis), due to a parasite found in raw pork.

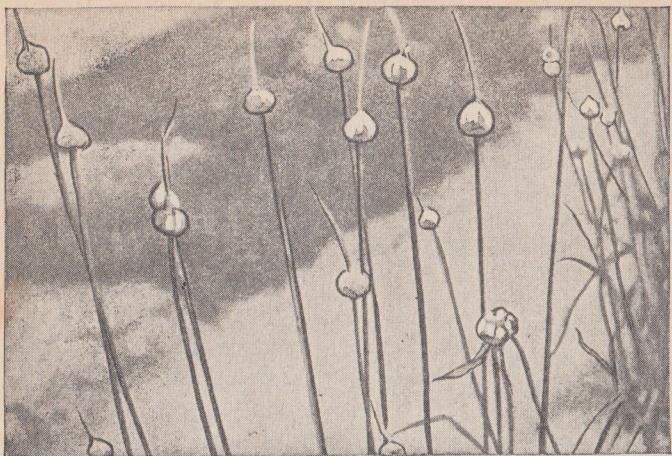
The whites of the eyes do not always stay white. They may become a pearly gray color in cases of anemia. They may have a muddy look in a person with cirrhosis or hardening of the liver. There is a disease in which the bones become very brittle and break easily. In this disease, the white part of the eyes becomes bluish in color. Bleeding into the lining membrane of the eyeball will make the white part look red and, of course, in jaundice, the white of the eyes becomes a yellowish color.

The eyeballs may protrude or stick out. This occurs most often in the disease known as exophthalmic goiter or toxic goiter, in which the thyroid gland is making too much of this secretion.

Persons who have mental disturbances try to keep their head turned downward or to the side.

From these facts, you can see how important it is that the eyes be carefully examined when a person is ill.

From "Chicago Evening American."



### GARLIC—NATURE'S ANTISEPTIC

By Bamford Stanley

Garlic is one of the oldest natural remedies. It was known in ancient Egypt, and throughout the centuries has been esteemed as one of the world's finest internal antiseptics and blood purifiers. Today it is even more firmly entrenched in medical popularity. But garlic has the drawback of being prejudicial in its odour. This, however, no longer constitutes a drawback, for in many modern garlic preparations it has been overcome.

Garlic has gained its reputation as an anti-putrefactive. The volatile oil which it contains acts as a powerful antiseptic within the intestinal tract. It reduces intestinal putrefaction and so prevents the colon from becoming a breeding ground for harmful bacteria and disease.

In constipation, dyspepsia, piles, worms, and similar troubles in which the small or large intestines are involved, garlic is a powerful agent in restoring



GARLIC

health. When absorbed by the bloodstream, the medicinal elements of garlic lend assistance to the neutralization of harmful toxins and have the effect of dilating the small capillaries and veins.

The effect of this dilation is to lower the blood pressure at once. So although it is one of the oldest of remedies, garlic is one of the finest correctives for two of the most prevalent modern weaknesses—intestinal congestion and high blood pressure.

### MINT

Found in every garden, the Mint is aromatic, stimulant, carminative, and stomachic. The dried plant should be kept, as the infusion is very useful as a vehicle for purgative medicines, to allay nausea and prevent griping; and it is also very useful in flatulence. Every family should keep peppermint lozenges of the best kind at hand; one dissolved in half an ounce of warm water and a teaspoonful given to children relieves griping and wind.

### INFLAMMATION OF THE PROSTATE ACUTE AND CHRONIC CONDITIONS

By T. A. Wheeler, F. N. A. M. H.

Inflammation of the prostate gland, or prostatitis, may be severe or mild in form, such as acute, chronic or suppurative. It is usually the result of infection spreading back along the urethra from the exterior, but may be caused by organisms carried to it directly from the bloodstream, by a descending infection from the kidneys or bladder.

Several different varieties of germs may start the inflammation, the commonest being the gonococcus, the next two being the colon bacillus, an organism which lives normally in the large intestines, and the staphylococcus aureus, a germ which is often present on the skin and is the usual cause of boils. Less common organisms found in prostatitis are the tubercle bacillus and the streptococci.

#### Acute Prostatitis

Acute prostatitis is severe throughout its whole course and may arise as the result of gonorrhœa, cystitis (inflammation of the bladder), irritation produced by mechanical causes, calculi (a stone in the bladder), exposure to cold and wet, urethritis, a discharge from the penis often mistaken for gonorrhœa. Inordinate sexual excitement, and from excessive use of alcohol when gonorrhœa is present.

The main symptoms of acute prostatitis are pain and swelling in the part, with sensation of weight and fullness associated

with violent aching in the rectum. With uneasiness at the neck of the bladder which causes a desire for frequent micturition with pain at the completion of the process. As the disease progresses the pain becomes more severe, with throbbing and almost continuous pain in the back and loins. A sensation of great tension is experienced about the anus and perineum, while defecation causes distress.

If the patient has gonorrhœa, as is usually the case, the discharge of urine may be very much diminished for some days and the urine may contain blood. Not uncommonly there is an attack of retention of urine from swelling and pain in that part of the urethra which passes through the prostate. Swelling of one or both of the testicles is a frequent complication.

If you examine the rectal area with the index finger you will find the anterior wall prominent, hard and hot, with the prostate gland enlarged, while, if a catheter be passed into the bladder, excessive pain is felt when the instrument reaches the prostatic urethra.

#### Chronic Prostatitis

Chronic prostatitis (catarrh of the prostate) is not an uncommon affection of young and middle aged men and may arise as a sequela to the condition or may follow upon a mild, or prolonged gonorrhœa affecting the prostate section of the urethra. It is, therefore, one of the commonest causes of gleet. The patient generally complains of a feeling of fullness and discomfort in and around the anus, sensation of heat and

weight in the perineum, with dull aching in the urethra extending along the penis to the top, and a sero-mucous discharge which stains the linen. This discharge is tenacious, clear fluid of a light yellow colour and is effused into the urethra several times daily, thus the tip of the penis in these cases is never as in a healthy person.

Pressure of any kind on the prostate gland, even that which occurs during defecation, causes a momentary expulsion of this fluid. At the end of micturition the urine always trickles away drop by drop; and blood may be traced at the close of the act. The urine when examined is cloudy, and, on being allowed to stand, yields a muco-purulent deposit and there may be seen little white thread-like shreds of mucus.

The patient may often be the victim of fleeting attacks of a rheumatism, or may even develop painful and swollen joints. His appetite is poor, he is usually seedy looking and nervous and easily becomes neurasthenic.

Catarrhal prostatitis is not by any means as unfavorable as the severity of the symptoms may indicate, but the question of duration is more doubtful, as the complaint may last a long time. The importance of adequate treatment of the condition lies in the fact that many cases of chronic inflammation of joints, of heart disease, chronic rheumatism, or iritis are now known to be caused and kept up by this complication; that stricture is not an uncommon result of an old gleet kept active by prostatitis; and that these patients, if they marry,

are liable to cause inflammatory conditions in their wives which may lead eventually to peritonitis.

The diagnosis is made by rectal examination, and proved by microscopic methods in the examination of the debris expressed from the prostate by massage with the finger during the manual examination.

#### Suppurative Prostatitis

Suppurative prostatitis is the result of acute inflammation of the gland and is known as abscess of the prostate gland. In this case the gonorrhoeal symptoms cease for a time and swelling of the prostate rapidly occurs. The suppurative condition may be suspected when the acute symptoms do not subside—when there is constant sense of pressure often increasing to pain, in the rectum or perineum, considerable pain and difficulty in micturition, agonizing pain at defecation, often so severe that the patient wilfully abstains from relieving the bowels, the impossibility of sitting and the necessity of lying with the legs outstretched.

As the abscess increases, there will be a state of fever commencing with rigor and the dysuria may increase to complete retention, while the tumour may be felt on rectal examination or even felt in the perineum.

These conditions last for three or four or in some cases for six to eight days, when a considerable discharge suddenly takes place owing to the abscess having opened and voided its contents into the urethra. The painful symptoms are then relieved, though the urine may still con-

tinue to contain pus for some time before returning to normal. Should other abscesses form, the complaint may become protracted, but will be much less severe than at first.

Abscess of the prostate runs an acute course and generally ends in recovery. Suppuration, indicated by rigor at the commencement of the complaint, is relieved by the bursting of the abscess into the urethra, and is soon followed by recovery.

An abscess may open into the rectum forming a recto-vesical fistula, or, into the urethra and rectum, at the same time, thus causing a urethro-rectal fistula, when owing to the more extensive disturbances, infiltration of the urine may result, this being far more serious because of this possibility, than the previous condition.

#### Treatment

This will depend upon the severity of the individual case, as the condition may have been present years before being discovered, and upon the history. Such treatment resolves itself into trying to express the inflammatory material from the prostate and to relieve the severity of the painful symptoms and regulate the functions of the body.

Complete rest in bed in a horizontal position, with fluid or a light non-irritating and scant diet, such as Slippery Elm food. Exercise and error of diet aggravate the symptoms. Careful regulation of the bowels is essential.

The urine if scalding is made bland by the patient imbibing large quantities of barley water

with Marshmallow-root added; half an ounce to a pint of barley water put in while the latter is being made will give splendid relief.

Severe pains will be relieved by sitting in a hot sitz bath. In one case a patient had agonizing pain from retention of urine. I made a large thick poultice with boiling hot bran and slipped this under the patient and allowed his body to sink on to the poultice. It must have been instantly soothing for he gave a grateful sigh of relief; the poultice was changed hourly.

The following medicine was prescribed:

F. E. Vervain .....	2 oz.
F. E. Uva Ursi .....	¾ oz.
F. E. Marshmallow-root ..	1 oz.
F. E. Pellitory of the Wall .....	1 oz.
F. E. Wild Carrot .....	¾ oz.
F. E. Parsley Piert .....	½ oz.
Peppermint Water .....	6 oz.
Dose, one teaspoonful in a wineglassful of warm water every four hours.	

From "Health from Herbs Magazine."

#### INTERESTING ADMISSION REGARDING DIPHTHERIA

Dr. Charles V. Craster, Newark (N. J.) health officer, has made the interesting admission that children treated with toxinantitoxin are potential carriers of diphtheria to those not thus inoculated, which raises the interesting question of whether anybody has any right under any guise whatever to spread abroad the dangers he is supposed to be trying to prevent.

From "Golden Age."

**HERBS FOR HEALING**

Despite man's folly this world is a fine place, but it is Botany that makes it beautiful. It even hides the scars made on the earth by man in his mad rush to acquire material wealth.

Imagine what a dreary place it would be without a blade of grass or a green leaf or flower: we know and have previously mentioned that life without them would be impossible, but even if it were not so, no one would wish to live in the world without them.

As I pen these lines the scene in the country is beautiful beyond description: the carpet of green grass with Buttercups and Daisies intermingled. The borders of the fields filled with Hedge Parsley and the hedges themselves covered with Hawthorn blossom make a truly magnificent picture.

The month of July brings with it a large number of Herbs that we need to heal the sick; in fact, so many that I dare not trespass upon the Editor's space to write about all of them, and must therefore content myself with mentioning a few.

The following are the names of a few that can be seen this month.—Wood Betony, Burdock, Celandine, Chickweed, Cranesbill, and Dwarf Elder, Groundsel, Couchgrass, Comfrey, Common Loosestrife, Common and Marsh Mallow, Garden Sage, Mountain Sage, Wood Sage, Plantain, Ragwort and Yarrow.

**Wood Betony.**—Has proved itself to be such a useful plant, that in the past the people used to say: "Sell your coat to buy Betony." I would add this to the

old saying, "When you do need it, it is worth more than the most expensive coat ever made and sold." It is a good blood purifying agent, also it acts as a neutraliser when there is an excess of acid in the body; it is an excellent nervine, a good tonic and also very useful in Rheumatism.

**Burdock.**—Every part of it is useful—not only as a tonic to the Stomach and Kidneys, but as a purifier of the blood; very useful in skin complaints, and is a fine corrective agent.

**Chickweed.**—Those of my readers who have read what the late Mr. Hool wrote about this will not need to read what I write. It is a wonderful herb and a great cooler and purifier. It does not matter where the inflammation is, whether internal or external, it is THE REMEDY. It can be used in the eyes; for the Bronchial tubes; Stomach, Kidneys, Bladder and Bowels; it has been used with wonderful results in Blood poisoning; cases have been cured that were deemed incurable by other practitioners.

**Comfrey.**—Is considered by some to be the most powerful healing agent in the world; it has proved itself in practice.

**Couch Grass.**—This is considered a nuisance by farmers and gardeners, but it has proved itself to be a boon to those who are sick, especially in some forms of Kidney trouble. Cases have been cured with it after being given up as hopeless by specialists. It is also good in Gravel and Rheumatism. In olden days we read of the root being powdered and made into bread in times of famine.



**Cranesbill.**—This is an antiseptic astringent, it controls bleeding both internal and external; combined with Marsh Mallow it is very good in haemorrhage from the kidneys. I have seen it cure cases that have been given up by allopathic practitioners. It is also very useful in some cases of Piles.

**The Elder.**—Is a wonderful gift to humanity. The flowers used in colds and influenza soon clear it up. It is also useful in some forms of Epilepsy, is also a good purifier of the blood and can be used to advantage in internal inflammation. **Dwarf Elder** is a great remedy for Neuritis, Rheumatism and Dropsy.

**Meadow Sweet.**—Is good to use when the stomach is sour, is also most useful in Rheumatism, is good for Summer Diarrhoea and is a fine remedy in some forms of Bladder and Prostate trouble.

**Groundsel.**—Is found in the garden and when used in small doses acts as an aperient and also makes an easy and good emetic.

**Loosestrife.**—Is a fine agent to control bleeding and makes a good tonic.

**Marsh Mallow.**—Can be used in every form of inflammation with benefit, especially useful in Gastritis; in its action it is soothing and antiseptic. Especially useful in Nephritis. **Common Mallow** contains the same virtues only it is not quite so powerful.

**Garden Sage.**—Combined with composition it is a good remedy for a cold and the Flu; it is also a good nervine, purifier and a tonic.

**Woodsage.**—Is a powerful tonic most suitable for the convalescent stage of recovery from debilitating disease, especially useful in Rheumatism.

**Ragwort.**—Is regarded by the ignorant as a nuisance but by those who understand it, as a boon to humanity. Used internally and externally is very effective in Rheumatism and Sciatica; also makes a good gargle for some Throat troubles.

**Yarrow.**—One could write all day about the virtues of this great healing agent. It is THE REMEDY for Colds and Influenza, if administered properly will soon bring down the temperature without any harmful effects; it is a good tonic to every organ of the body, and is extremely useful in Rheumatism.

When we consider these Herbs that Heal us, we cannot help but exclaim: "How Beautiful, How Useful, How Wonderful!"

**CORIANDER**

This should be grown by all with a garden. The seeds are aromatic, and useful to add to bitters for weak stomachs, and to purgatives to cover the taste and prevent griping.

**ELECTROCULTURE**

By Swami Seavanda  
Condensed from  
"The Modern Review,"  
Calcutta, India

Electroculture, as conceived by its author, Dr. Nehru, I.C.S., is the science of capturing and harnessing cosmo-radio-magnetic energy. Its practical methods are so simple that even the dullest villager can put them into operation at almost no costs. And yet its results are far-reaching.

Once a Professor of Physics at Allahabad University, then a winner of a Doctorate at Berlin, then a successful candidate for the Indian Civil Service, now Collector and District Manager of Mainpuri, Dr. Nehru does not let his administrative work overshadow his real life-work, i.e., the amelioration of the Indian masses, and for that matter, of the whole human family, through Electroculture.

Dr. Nehru's instruments consist of a discarded automobile magneto, a piece or two of rubber cut off from old inner tubes, a second-hand chicken wire-netting and a few iron wires strung with glass beads hardly worth a price!

He started with plant life, and was gradually led on to extend the system to animals and to human beings. His theory is that a jacket consisting of chicken wire-netting of four inches to six inches in width and long enough to be coiled around the trunk of a tree at its base, touching its roots, will by itself form an electric field for the inflow of radio-magnetic energy. This will attract and capture energy, which

the tree will absorb and utilize for the purpose of stimulating and sustaining its growth, and will ultimately convert it into reproductive energy endowing the tree with richer flowers and fruits. To supplement this jacket and to secure better results, Dr. Nehru recommends irrigation by electrified or, as he calls it, Agaskarised water, after its discover, Mr. Agaskar of Bombay. This can be easily prepared by inserting on end of an insulated wire in an earthen jar and attaching the other end to the magneto. One spark is enough to electrify the water in the big jar and make an entire change in its properties. In this way not only a jar but wells, tanks and even flowing canals can be easily electrified and used for irrigation purposes. To give further stimulation to weakened or decayed vegetable tissues, occasional sparking with the aid of the magneto is another efficacious remedy. In case of decaying branches a thin wire-gauze collar attached to the root of the branch will arrest the decay and the branch will be called back to life. In case of grains, and for that matter in case of all seeds and seedlings, they are to be soaked in Agaskarised water for an hour and then sown. Rubber gloves should be used, to avoid touching the electrified seeds with bare hands.

Results which the present writer has discerned in the farms and gardens in and around Mainpuri:

The growth of the plant becomes more vigorous;

The leaves become richer in color;

Insect pests are either immediately killed or frightened away;

The fruits are bigger, richer in pulp and more delicious;

The increase in the yield is estimated at 20 per cent to 25 per cent;

Reviving of decaying and almost dried out trees;

Barren waste-lands have been reclaimed and are now blooming with vegetation.

Col. Noel, the Director of Agriculture and Allied Industries, has conducted experiments at the Government Farm, Peshawar, on fruit trees and grains.

The following is quoted from his official reports:

"An orchard of peach trees consisting of 28 lines of 4 trees each was chosen for experiment. The four treatments were:

	Average Yield Per Tree
(1) Jacketed trunks .....	187 lbs.
(2) Jacketed trunks and branches .....	172 lbs.
(3) Jacketed branches alone .....	142 lbs.
(4) Without jacketing ....	145 lbs.

"Grain yield per acre has increased 20.4 per cent due to treatment. The increase drops to 1.9 per cent when rubber gloves are not used."

If milch cattle are given Agaskarised water to drink and if their food be previously soaked in the same kind of water, the yield of milk will increase by 25 per cent. They will look better, work harder, will be less susceptible to disease and live longer. To poultry farmers Electroculture is a blessing. Eggs sparked hatch 100 per cent and grow to 50 per cent better birds. Hens if given electri-

fied water to drink lay more eggs and also for longer periods.

Electrified water is found to possess germicidal properties. It seems to possess special efficacy for pains, nervous troubles, insomnia, paralysis, and many other maladies.

From "Science and Discovery."

### BLIND AT NIGHT? VITAMIN A NEEDED

By Ida Jean Kain

If you are an expert driver in the daytime but run off the road after nightfall, stumble when you walk in the dark and have to fumble for your seat in movie theaters, you probably have what is commonly called night blindness. The trouble may be lack of vitamin A in your diet.

Night blindness is most common in those parts of the world where the diet is low in vitamin A. In Labrador, where fishermen spend much of their time in the sunshine, night blindness was especially prevalent. They could see perfectly until twilight set in, then suddenly they could not see at all.

Night blindness is also prevalent in mining and lumber camps, and the cause has been traced to the diet, which is composed mainly of bread, salt pork and tea.

Night blindness is not the only ill effect of a deficiency of vitamin A, although it may be the most annoying. On a prolonged diet deficient in the vitamin the resistance to such infections as cold and sinusitis is greatly lessened. Other manifestations are extreme dryness of the skin and sometimes, acne.

(Extract from "Chicago Herald and Examiner.")

## DROPPED WOMB HOW HERBS HEAL

By C. E. Morley, F. N. A. M. H.

It is surprising how many suffer from displacement of the uterus, in varying degrees, at one time or another. Sufferers are reluctant to seek medical advice until some severe form of the displacement has developed. This undermines the general health, affects the nerves, and brings in its train a series of secondary complaints such as indigestion, urinary trouble, backache, and weakness of the feet, making walking difficult, or standing for any length of time impossible without a feeling of "dragging" in the back and "bearing down" in the abdomen.

The main causes of this displacement are, too frequent child-bearing, returning to household duties too soon after delivery, chronic constipation, the frequency of purges, miscarriages, excessive physical exercise, sexual indulgence, in fact anything that will weaken the uterine organs.

### Symptoms

The chief symptoms of a prolapsed uterus are, a bearing down sensation in the lower abdomen, backache or dragging sensation in the back, inability to stand on the feet a reasonable time without these symptoms becoming apparent. There are four or five different kinds of displacement and the symptoms may differ accordingly. A backward displacement is when the fundus of the womb falls backward against the rectum, and this may feel as though an attack of piles were about to commence with an attendant interference and pressure when the

bowels are evacuated. A forward displacement causes the uterus to fall on the bladder, interfering with urination and producing cystitis or inflammation of the bladder. When this is so, there is a constant desire to urinate and a scalding of the urine in passing. A downward displacement will produce a definite bearing-down sensation and a bulging into the vagina with interference of urination, too. Inversion of the womb, a complete turning inside out, is rare.

Other symptoms are caused by the constant irritation of the displaced organs travelling by the nerves to the kidneys, deranging their function too, and as the womb is richly endowed with the nerve plexus uterina (a nerve centre equal to the solar plexus, to which it is also connected) the rhythmical working of other organs is disturbed by this constant irritation from the displaced womb.

### Irritability

When women have this organ displaced they are never in good health, and apart from some of the symptoms mentioned above they become nervous and irritable. One minute they may "snap" at a much loved friend or relative for no real reason, the next minute they may burst into a fit of weeping; such is the state of the nervous system through impingement by the fallen uterus.

Pains may also be felt in the head with a sensation of pressure on the crown of the head when the womb is down.

If taken in time this troublesome complaint very readily responds to Herbal treatment in a

few weeks or months with packs made of Slippery Elm Compound. Syringing is also part of the treatment with such Herbs as Raspberry Leaves, Cranesbill, Beth Root, Witch Hazel, Oak Bark and others. About three good Herbs are sufficient to make a good syringing liquid for use once or twice a day. For an internal medicine the following is one of the most excellent to use in all cases: Scullcap, Wild Yam, Blue Cohosh, and Black Haw in equal parts; this may be used in either decoction or in Fluid Extract form and taken three times a day after meals.

### Self-Treatment Not Advised

We do not advise self-treatment for this trouble owing to the complicated nature of treatment for this complaint. But many qualified Herbal practitioners specialize in this direction and it is better to place remedial measures in their hands. In addition, instructions are necessary for the patient on diet, sex life, clothing, inner cleanliness and daily activities.

Many women are advised by the registered practitioner to wear a pessary to maintain the fallen womb in place. This does not cure, being only palliative. Further, these pessaries are unhygienic, causing sores and even ulceration by friction, which may lead to malignant ulceration in time.

We have not heard of any other treatment for this complaint by the regular medical profession excepting the removal of the entire womb by surgical operation; to our mind this should not be done unless the womb is diseased, which is very rare.

It is surprising how many sexless women there are these days as a result of such operations, which seem to be on the increase; if without disease there is no need for this mutilation. With Herbal astringents, internal tonics, and syringing, the relaxed muscles and ligaments of the womb can be made strong enough to support in a normal manner again.

### Startling Facts

Regarding facts on operations, the following has been gleaned from a "Guide to Gynaecology in General Practice," by Berkeley and Bonney. It appears that in certain operations it is necessary to pack the uterus or vagina with gauze or other material to arrest the blood. This packing is removed the next day after the operation. If a piece of this packing is broken off the shortage may not be recognized, the piece becomes septic and the patient may be seriously ill before the cause is determined. Sometimes these swabs are entirely forgotten with the resulting sepsis.

The book mentions the following articles that have been known to have been left in the abdomen after operations: gauze packing, gauze sponges, marine sponges, forceps, pieces of instrument that had broken off, a pair of spectacles, a pair of scissors, drainage tube, catheter clamp, etc.

### VITAMIN G

Investigation at the University of California has shown that the prune of that state contains more vitamin G (anti-pellagra vitamin) than any other fruit. The dried prune flesh affords as much vitamin B as does whole wheat.—S.

## THE USES OF COMMON GARLIC

By J. Hamnett, M. S., Ph. M.

Common garlic (*Allium Sativum*) is a plant kept in our gardens for its uses in medicine, and the kitchen. It is a native of Sicily, but also grows wild in certain parts of the British Isles. It grows  $2\frac{1}{2}$  feet high; its leaves are broad, long and dark green colour. The stalk is round, smooth, and firm, upright and of a pale whitish or bluish colour. The flowers are small, white, sometimes pinkish, but grow in large tufts at the top of the stalk. The root is white or reddish in colour: it is composed of a great number of bulbs or (as we call them) cloves joined together, and covered with a common skin with fibres at the bottom.

The whole plant has an extremely strong smell, also an acrid and pungent taste.

Oil of garlic, distilled from the flower, is ten times more potent in strength than that from the bulb.

Garlic has been found one of the most valuable remedies for asthma, bronchitis, consumption, and catarrh. In substantiation, let me quote from an old herbal:

"Garlic has been found one of the most certain and valuable remedies for the asthma, consumption, and bronchitis. Dr. Bowles, of London, obtained great popularity and accumulated a large fortune by the secret use of this herb."

"His method was to boil the bulbs until tender in a covered vessel, and dry them carefully in a cloth. He then added an equal quantity of the strongest vinegar to the water in which they had

been boiled, and made the whole into a syrup by adding sugar. The syrup thus made was poured over the dry bulbs and put into a jar, well covered over. The patient took one or two of the bulbs in the morning, fasting, with one or two tablespoonfuls of the syrup. Reader, if you be troubled with asthma, bronchitis, or the consumption, try the above remedy directly and be grateful to me for pointing it out."

Who Dr. Bowles was I have never been able to discover, but I can vouch for its efficacy from my experience as a herbal practitioner. Garlic is of immense value in all toxic states and intestinal poisoning, is a valuable nervine and spells instant death to the tubercle-bacillus of tuberculosis.

Taken in the form of capsules, not only is the unpleasant aroma of garlic avoided, but the oil reaches the intestines before being altered by the acids and contents of the stomach; its action is thus much stronger.

Strange, but true, vegetarians and others fail to rid their systems of catarrh, constipation, and other ailments through eating freely of salads, fruit and vegetables. This is owing to the cells of the body being clogged up with toxins and consequently the essential mineral salts cannot be assimilated and utilised. Garlic is the greatest and most effective natural cell cleanser in the whole world.

An old-fashioned remedy for baldness is a slice of garlic rubbed on the scalp. As a condiment, it promotes digestion, but if eaten too freely it has the opposite effect—causing indigestion.



GENTIAN LUTEA

## GENTIAN—THE VALUABLE TONIC HERB

By Mrs. M. Grieve, F. R. H. S.

The Gentians are an extensive group of plants, numbering about 180 species, distributed throughout all climates, though mostly in temperate regions and high mountains, being rare in the arctic. In South America and New Zealand, the prevailing colour of the flower is red, in Europe, blue—yellow and white being of rarer occurrence.

The name of the genus is derived from Gentius, the name of an ancient King of Illyria (180-167 B.C.) who, according to Pliny and Dioscorides, discovered the medicinal value of these plants. During the Middle Ages, Gentian was commonly employed for the cure of disease and an antidote to poison. Tragus, in 1552, mentions it as a means of diluting wounds, an application which has been resorted to in modern medical practice.

All the known species are remarkable for the intensely bitter properties residing in the root and every part of the herbage, hence they are valuable tonic

medicines. That most commonly used in Europe is *Gentian lutea*, the Yellow Gentian.

**Habitat.**—The Yellow Gentian is a native of the Alpine and sub-Alpine pastures of Central and Southern Europe. It does not reach the northern countries of the Continent, nor the British Isles.

Though one of the many herbs so far not cultivated in England for medicinal use, it would be well worth experimenting with it in order to extend the field of English herb-growing, for preparations of the root are in constant use in every dispensary, and it is much prescribed also by veterinary surgeons. It can readily be grown from seed in England, and could quite easily be cultivated as a garden or field crop in this country. It is a highly ornamental plant, forming one of the most stately hardy herbaceous perennials for the garden border, and when successfully treated will grow luxuriantly.

**Description.**—The root is generally about a foot long and an inch in diameter, but sometimes even a yard or more long and 2 inches in diameter, of a yellowish-brown colour. The stem grows 3 or 4 feet high or more, with a pair of leaves opposite to one another, at each joint. The lowest leaves have short foot-stalks, but the upper ones are stalkless (sessile), their bases almost embracing the stem. They are yellowish-green in colour, oblong in shape and pointed, rather stiff, with five prominent veins on the underside, and diminish gradually in size as they grow up the stem. The large flowers are in whorls in

the axils of the uppermost few pairs of leaves, forming big orange-yellow clusters. The corollas are wheel-shaped, usually five-cleft, 2 inches across, sometimes marked with rows of small brown spots, giving a red tinge to the otherwise deep yellow. Seeds in abundance are produced by strong plants, and stock is easily raised from them.

**Cultivation.**—For the successful cultivation of Yellow Gentian (*Gentiana lutea*), a strong, loamy soil is most suitable; the deeper the better, as the stout roots descend a long way down into the soil. Plenty of moisture is also desirable and a position where there is shelter from cold winds and exposure to sunshine. Old plants have large crowns, which may be divided for the purpose of propagation, but for a quantity, seeds would be the best method. They could be sown in a frame, or in a nursery bed in a sheltered part of the garden and the young seedlings transplanted. They take about three years to grow to flowering size. It is, however, likely that the roots are richest in medicinal properties before the plants have flowered. A big clump of *Gentiana lutea* is worthy of a conspicuous position in any large flower garden, quite apart from its medicinal value.

**Part Used.**—The rhizome and roots collected in autumn and dried. When fresh, they are yellowish-white externally, but gradually become darker by slow drying. Slow drying is employed to prevent deterioration in colour and improve the aroma. After digging the roots, they are cleansed in cold water, trimmed

of small rootlets, then spread out on floors or in the sun—not touching—until somewhat shrunken, for about ten days, turning frequently. They can be finished more quickly by artificial heat in a drying room or shed, care being taken that the heated moist air can escape at the top of the room. Drying in an even temperature will probably take about a fortnight, and is not complete until the roots are dry to the core and brittle, snapping when bent. The root has a strong, disagreeable odour, and the taste is slightly sweet at first, but afterwards very bitter.

**Action.**—Tonic, Febrifuge, Emmenagogue, Anthelmintic, Antiseptic.

**Uses.**—Gentian is one of the most useful of our bitter vegetable tonics. It is specially valuable in states of exhaustion from chronic disease and in all cases of general debility, weakness of the digestive organs and want of appetite. Try it if you have just recovered from influenza. It is one of the best strengtheners of the human system, and is an excellent tonic to combine with a purgative to prevent its debilitating effects. It is of extreme value in jaundice, for which it is prescribed very extensively. It is also useful in hysteria, female weakness, etc., and has cured intermittent fever, with equal parts of Tormentil Root, as a medicine.

The dose of the fluid extract is  $\frac{1}{2}$  to 1 teaspoonful in water, three times daily. As a simple bitter, Gentian is considered more palatable by the addition of an aromatic, and for this purpose

orange peel is frequently used. A tincture made with 2 ozs. of the root, 1 oz. of dried orange peel, and  $\frac{1}{2}$  oz. bruised cardamon seeds in a quart of brandy is an excellent stomachic tonic, and is efficacious in restoring appetite and promoting digestion. A very favourite country remedy is the so-called Stockton bitters, in which Gentian and the root of the Sweet Flag play the principal part.

From "Health from Herbs Magazine."

#### HOW TO PREPARE YOUR FIRST AID BOX

By Harry Orbell, F. N. A. M. H.

Nothing I have to say is intended to over-rule, amend or substitute any official A. R. P. order or instruction; my purpose is to advise how you can supplement, or provide for measures not covered by official regulations.

First a word of warning—do not rely upon any form of home made remedy for Mustard and other enemy gases; it is possible that they may do more harm than good. This is one thing better left to authority to deal with.

I want to deal with those injuries arising out of such circumstances that war has imposed upon our home life, the bruises, sprains, falls, cuts, etc., that "Black-out" conditions have caused.

One common injury at the moment is caused by the top of a press pin coming off when fixing black-out paper. I have had to treat a number of cases of poisoned thumbs caused by the pin entering the flesh. Press the pin in with a little cardboard pad.

Another discomfort is eyestrain.

Get a bottle of Eyebright Water from your Herbalist. The directions are simple, the effect wonderful.

Now for the remedies. If you live near a herbalist it will be better to go to him for your supplies; if not, procure one ounce of petroleum jelly, vaseline will do, two ounces of powdered nut-galls, one dram oil of almonds. Mix well together on a slab and store in a glass container. When you bruise yourself spread a little upon some white lint and cover the affected part. Repeat every twelve hours until all soreness and pain has gone. Do not use this salve on any broken skin.

With sprains, more caution must be observed. They can often be confused with fractures or dislocations. If in doubt consult your herbalist or someone qualified to decide. For treatment there is nothing to beat the application of a Comfrey herb compress, meanwhile prepare the following liniment. With all outward applications it is wise to use a blue poison bottle, not that the contents may be a poison, but in confusion and excitement it is so easy to select the wrong bottle.

Obtain one ounce of camphorated oil, one ounce saponis meth (soap liniment), half an ounce Liq. Ammon. (aromatic solution of ammonia), add olive oil to make six ounces, shake well. Apply this to the sprain: do not rub in. Repeat three or four times daily until relieved. Rest the sprained part as much as possible.

Next, the most serious, are cuts and wounds. The sight of

blood un-nerves many people, but in treating such accidents confidence and calmness must be observed.

First ascertain whether the blood comes from an artery or vein. Artery blood is a bright red; it spurts out in gushes which correspond to the pulsation of the heart beat.

Blood flowing from a vein is dark red; it flows evenly and continuously from that part of the wound farthest from the heart.

The first rule is cleanliness: don't touch the parts with dirty hands, a pair of rubber gloves previously stored in an airtight container is a wise provision. Bleeding **must** be stopped at once. Therefore, whilst others are getting the needed articles, press on that part of the flesh with your thumb **nearest** to the edge of the wound where the blood is flowing from.

It will be wise to have previously obtained a first-aid chart which gives the pressure points for stopping bleeding. If bleeding is very severe a tourniquet must be applied. If none is handy, a clean bottle cork, or even a roll of inch bandage can be used. Press one or the other well into the vein or artery at the correct pressure point and then hold into place by rolling a bandage around tightly, even painfully tight. Make the patient comfortable and in very serious cases obtain expert advice.

If the wound is dirty apply a few drops of tincture of myrrh; in a little boiled water soak a little white lint and apply to the wound—this is an excellent anti-septic and healer.

I have mentioned Eyebright for black-out eyestrain. If you cannot get this an equally excellent preparation can be made as follows: one teaspoon of distilled witch hazel to four teaspoons of distilled or boiled water. Bathe the eyes several times during the day. The eyes may smart a little at first, but you will be gratified at the wonderful relief obtained.

Regarding the nervous tension and strain which we all experience in some form or other, your herbalist can supply you with an effective herbal remedy, but there is an important addition which you can undertake. It will not only assist in speedy recovery but will fortify you against further nerve strain.

Make a practice of taking at least ten minutes' relaxation every day; twice a day is better. Get a comfortable chair, not an armchair, place it against the wall in a subdued light, and in a position where there are no disturbing elements around you. Place a cushion behind the neck and sit well back into the chair with the legs straight out, and the feet together. Now relax all your muscles—not so easy as it sounds—when you have got into this state of physical relaxation or looseness turn the mind into a peaceful train of thought and breathe slowly, gently and deeply. You will find it difficult to estimate time, and to watch the clock will disturb your relaxation. If you have a striking clock, take this exercise ten minutes before it is due to strike; you will then know when the period of relaxation is ended.

In conclusion, a word of ad-

vice to those who live in those areas which are liable to air-raid alarms. If you have to get up from a warm bed to go to an air-raid shelter it is wise to fortify yourself against chills. Keep a warm dressing gown, overcoat, or other quickly donned warm article of clothing handy. Get a small thermos flask filled with hot composition essence of cloves —these you can obtain from your herbalist. I guarantee a drink from the flask will banish teeth chattering brought about by sitting in a frosty dugout.

Your first-aid box should comprise, as a minimum, the following:—Bruise salve; sprain liniment; white lint; rolled sealed bandages of several sizes; scissors; rubber surgical gloves; two-ounce bottle of tincture of myrrh; small bottle of composition essence of cloves; small bottle of Eyebright or Witch-hazel.

#### PINE BATH, NEW HEALTH MEASURE, REALLY AGE-OLD PRACTICE REVIVED

By Logan Clendening, M. D.

One of the latest health measures of treatment to be called to my attention is the pine bath. While Americans can certainly be said to appreciate the daily bath and enjoy its benefits, they do not indulge in medicinal baths as much as do Europeans and other foreign peoples. It is not easy to obtain in America the preparations of flowers, herbs and nature's plants to add to the bath water, for the purpose of relieving fatigue and serving hygienic purposes.

A pine bath is really an age-old practice, but it has recently been revived in the United States. It

immediately makes a hit with anybody who tries it because pine has a number of healthful effects, being applicable to many parts of the body. The soothing effect of pine, its restful quality and the pleasant effect on the nose and throat are what have caused the location of sanitaria near pine forests.

The pine bath can be made in various ways. The most primitive method is to boil or steam the needles and buds until you have a brew which is sufficiently aromatic that when added to the bath water it gives the desired effects.

Perhaps the most striking effect of the pine bath is in a general state of fatigue. It is slightly rubefacient, that is to say, it causes a redness and increased circulation of the skin, and this, in conjunction with the odor and the clearing of nasal passages and the nose, produces a wonderfully relaxing and stimulating effect. Little rheumatic pains and stiffness of the joints are also favorably affected.

To anyone who is engaged in a nervous and continually high-strung occupation, the use of a pine bath after returning home in the afternoon is an experience which can hardly be adequately described.

The full value of a bath as a pick-up is not felt unless one takes it slowly and luxuriously. At least 20 minutes should be given to it, with thorough rubbing of the skin afterwards so that you feel as if your skin were tingling with vitality.

(Extract from "Chicago Herald and Examiner.")

## REJUVENATION

The "medicine men" of every age have been moved to determine how they might use this knowledge to help man, to give aging men a renewal of their faculties; to give young, subnormal men, their birthright of normal energies and productivity.

Much of the mysterious ways of our ductless glands is known, but not completely understood even today. It is known that the glands of internal secretion elaborate and pour into the blood some specific chemicals or hormones. Each of these glands exerts powerful influence on the behavior of the individual. If the thyroid is overactive the patient becomes irritable, excitable; if underactive he is lethargic and dull and his zest for living may be seriously affected. Here, then, is the answer to man's universal interest in this subject: it is not enough for man to retain the sexual function. His interest is in living, and living abundantly. This aspect of the study gives it the dignity it deserves.

The original monkey gland treatment was not so much a surgical operation as it was a crude method of getting the glandular substance, and its hormone content into the body of the patient. Until recently scientists were not able to refine or artificially reproduce the sexual hormones. Steinach's experiments in Vienna, beginning about 15 years ago, were based on the transplanting of Gonad tissue. But the tissue of one animal will not live long in a "foreign" body. The result was far from permanent.

Gonadal, the name for the male sex hormone, was first extracted by McGee in 1927. Butenandt extracted the male hormone in crystalline form in 1931. These crystals were injected into the shoulder of the patient where they were slowly absorbed. Renewed vigor, improvement in the libido and in the sexual function, resulted. Butenandt called his compound Androsterone. Large doses of it were necessary to gain results.

Dr. R. Laqueur, in 1935, produced Testosterone, an extract from the male organs of generation. For some time the supply of Testosterone was so meager no widespread clinical experience could be obtained from it. By 1937 the clinical supply of Testosterone had been facilitated by its synthesis or artificial reproduction. The synthetic compound is considered three times as potent as the natural.

(Extract from "Chicago Examiner.")

## MISTLETOE LOWERS BLOOD PRESSURE

Mistletoe, the magic plant of the ancient Druids, is now being used to relieve the suffering of patients afflicted with high blood pressure. At a clinic in Vienna, Germany, Dr. Ferdinand Mattausch has used a preparation from mistletoe growing on apple trees in treating more than sixty patients successfully. Within from four to six weeks after prescribing the mistletoe medicine, Dr. Mattausch found his patients showed reduced blood pressure, slower pulse rate, and improved arterial circulation.

## VALUE OF POTASSIUM SALTS

Potassium salts are chiefly used by the bodily tissues, whereas sodium salts are, for the most part, utilized by the bloodstream.

As essential tissue salts, therefore, organic potassium compounds are known to dissolve and remove toxic waste from the body. A marked improvement in health and an increased amount of waste elimination is the result of using them judiciously. In chronic disorders in which the colour and texture of the skin is unhealthy the tissues are known to be clogged with pent-up waste. In such cases potassium acts as a solvent and an eliminant.

**Potato Diet.** — Perhaps the most valuable form of administering potassium is that of the potato diet. Correctly cooked in its jacket, this vegetable constitutes the main ingredient of the regime. Its richness in potassium salts largely explains why it is so effective in clearing away septic bodily poisoning.

**Cream of Tartar.** — Another form of potassium remedy is that known as cream of tartar. It is essentially an organic form of potassium, as it occurs naturally in grapes, tamarinds and other fruits. It is, however, chiefly derived from the crystallised grape-salts deposits, known as argol.

The dose of cream of tartar is  $\frac{1}{2}$  to 1 teaspoonful dissolved in  $\frac{1}{2}$  pint of hot water slowly sipped on rising before any food is taken. The use of this potassium salt should not be too long continued, but taken as a course for a week or two and then repeated at intervals.

The indiscriminate use of organic potassium salts is to be deprecated, but, taken with a definite object in view, they are invaluable dietetic adjuvants. They dissolve foreign waste which may in serious cases evade ordinary dietetic measures. Their temporary use is, therefore, to be commended. Organic potassium salts do not suppress symptoms, but rather guide them along safe channels. One good result of their action is the promotion of a freer action of the kidneys and the colon. Rightly combined with a strict natural diet, they relieve catarrh, rheumatism and allied disorders due to acid waste retention.

From "Health and Life," England.

## NETTLES

To those evacuated into country districts here is a novel and tasty dish you can try out. Cut a supply of tender nettle tops (using a pair of gloves for the purpose), wash and put them into a saucepan with only a spoonful of water. Keep the lid on whilst cooking, boil till tender, then mash up with butter, salt and pepper. Serve as a separate vegetable, or with a poached egg.

New dandelion leaves may be served in the same manner, only these need more water and more cooking.

Nettles mashed fine and mixed with honey are good for the lungs, relieving wheezing and shortness of breath, and helps to expectorate tough phlegm.

The juice of nettles will stop bleeding, and as a wash is valuable for old sores, fistulas, scabs, or itch.

## THE MEDICAL TRUST

By Norman Baker,  
in "TNT Magazine" for April, 1930

The same old story over and over again—"give them enough rope and they will hang themselves." That giant, the medical trust, has seen its best days. That octopus which from its office on Dearborn Street, Chicago, directs the organized physicians of every state and instructs the local county medical associations, so that even health officers and school nurses are controlled by it in the most remote sections of the United States, is now facing the first real battle of its career.

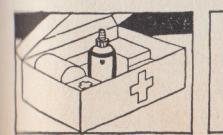
It is facing a battle by the American people for medical freedom; for the right to select the method by which they shall be treated for sickness or disease without it being compulsory that they swallow the sugar-coated pills and rules dispensed by the organized doctors before they can enter a hospital. The time has come when the American people will demand the same freedom in medical affairs that they have won in the realms of speech and religion.

What a terrible condition we have been living under! Consider this: persons suffering from ailments which the regular physicians fail to cure or even relieve cannot be treated in public hospitals by chiropractors, osteopaths, naturapaths, Christian Science healers or other non-drug healers, because the medical trust in its headquarters in Chicago has arranged matters so that every state board of health and agency controlling public hospitals is controlled by trust

doctors who will not permit any physician or healer using any method of healing except that used by the trust members to enter the hospital. Even if you are dying, they will permit you to die only by the "sugar-coated pill" route.

The most slavish victims to this condition are the wealthy who usually choose to die by the following stereotyped method: call the family physician; receive a diagnosis; take a pill. If the patient does not get better, he goes to some nationally advertised clinic or specialist for the "knife." After the knife, more sugar-coated pills supposedly to bring back vitality; then growing weakness and the grave.

When will they awaken—the idle rich—the non-thinkers? Not all, but the vast majority, go by that route. On the other hand, the poor devil who is not able to pay for high-priced medicines and expensive consultations by groups of doctors, goes to the non-medical healers who use nature's methods. A few punches, pulls, jerks and rubs, a few applications of grandmother's remedies and bingo, the patient is getting better. Why? Simply because the regular medical trust doctor has learned nothing except concerning the administration of a few hundred compounds and pills. When these are all tried he has nothing left to do but use the knife to explore inside the patient to see if he can find out what really is the matter. This exploring he calls "practicing." Sometimes he finds something out, but oftener after it is too late.



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Myra is a necessity in your home medicine chest, in your baggage when traveling and motoring, in your bag when hiking, camping, hunting and fishing, as minor accidents may happen then and there.

Some time ago we introduced "MYRA" in the hope to fill a long felt actual demand for a really good product in this line which would answer the general requirements. The surprising response from our friends, the actual users of MYRA, is so overwhelmingly favorable that it overshadowed even our most optimistic expectations. We were positive from the beginning that MYRA, due to its unquestionable superiority, could not miss the public approval and would sell on merit, yet we had to wait for the reaction of the public opinion, based on results of actual experience gained in individual every-day cases. This final decision came in the form of laudatory and appreciative letters too numerous to mention, and, therefore, we are in a position to claim MYRA proved to be, as to the action

and efficiency, an excellent, beneficial daily aid to hygiene.

The use of MYRA is not only an efficient application for minor cuts and scratches, but it is also very pleasant (MYRA, has a delightful aroma and an agreeable, lasting taste) and is simple to use: As a gargle for minor throat irritation or as a deodorant mouth wash, also as an after shaving cooling lotion, use 10 drops to 1 ounce of warm water. For a vaginal douche or wash, use 1 to 2 teaspoonfuls to each part of warm water. As a soothing application for toothache, irritated or bleeding gums, minor cuts or bruises, apply full strength MYRA.

Myra is a necessity.  
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Myra is a formula carefully compounded of powerful, organic active principles, roots, gum, essential oils and other ingredients well known to the profession for the unquestionable value of their effective medicinal virtues.

It is put up in a neat, strong and very practical two-ounce bottle, with a medicine dropper attached inside the bottle.

The price of a Bottle of MYRA with a medicine dropper included is only . . . . .

**50c**



**WHY MUCUS?**

By Walter G. Berg, D. C.

We are all familiar with the saying, "We cannot stand still." We must go ahead or slip back. To go ahead means investigation and research. Many lines have progressed, especially travel—from ox-cart to aeroplanes. No such strides have been made in the healing art. We have shot every kind of serum and bacteria into the human we could get away with and what have we accomplished? Anti-toxin for Diphtheria is probably the only one that real results can be accredited to and this is controversial. Vaccines are speedily leaving the stage to be outshone by vitamins and minerals which in my opinion are less dangerous and probably have some virtues.

All research has been on effects and not causes—The only real honest to God Scientist from the Medical Camp is Dr. James W. Wiltsie. He told the truth and let the chips fall where they please. His book, "Intestinal Toxemia," should be on every Doctor's shelf and read every month.

When we stop to think of how important the Gastro-Intestinal tract is we are dumfounded to know how it has been neglected by research, to say nothing of the abuse it has received from the Profession in its prescribing diet. It's a laugh and we are again forced to use the saying of the Master, "Father, forgive them, they know not what they do."

Real Scientists have proven we have no secretions in our body to dissolve cellulose to say nothing

of digesting it. Cellulose has positively no nourishment or chemical value, only mechanical, and that action like a rasp or ball of cotton. It will irritate or clog the bowel. Look over your list of friends who went to States where oranges were plentiful and they partook. Look at the sieges of illness they went through and some of them death.—The cause, toxemia, gas, crowded heart. As has often been said, — We are a product of what we eat.

Now let us look at the way nature throws off toxic matter—through mucus. As repair is going on constantly we have débris that must be removed. Nature through Glands of Lieberkühn and lymphatic glands forces toxic matter off in mucus. If this mucus was expelled it would be perfect but we do not permit the mucus to perform its function. We crowd the bowel with foods that cause more mucus to appear and finally form sheets, tubes, slabs, etc., to adhere to the Mucosa. This forms a toxic blanket on the bowel and forces the toxic matter back into the bloodstream to be deposited in paths of least resistance as — joints, arteries, nerves and organs. — Now we have disease, and the name will depend upon the tissue it has attached itself to.

My opinion of Cancer is that toxic matter is the basic cause and all the Radium and deep X-ray only add insult to injury and will never cure—Excising Cancer areas only scatters the disease all over the body. It does not remove the cause. Foods must be scientifically studied and prescribed.

I am aware of the money that

is invested in large factories and to shut them down and silence the machinery would bring propaganda of the like we have never seen or heard. But truth needs no defenders or propaganda. All food containing cellulose, seeds and skins must be eliminated from our diets. Coffee, chocolate and cocoa are also on the taboo list. The latter affects the liver and prompts more mucus. Probably a great assistant in producing ulcers and rheumatic complications. Prostrate sufferers will see relief just omitting coffee, chocolate and cocoa. Any food or liquid that will force nature to excrete more mucus is not the nourishment we need—it is counter indicated—since our selective glands so called are not selective, they will absorb any absorbable material given to them. This gives the bloodstream good and bad material alike. We are endowed with a mind to make our selections. We get just what we want but sometimes after we get it we know then we don't want it, but we have it.

Elimination is very important in health as well as disease. But the intake is more important because if that is correct elimination will be normal. We are now positive that foods, subluxations and foci of infections are the only causes of disease. Cleanse the intestinal tract, adjust the spine and other foci of infection will vanish.

From the "Journal of Drugless Physicians."

**LIVER AILMENTS**

By Edgar J. Saxon

The first thing to understand about the liver is that it is part

of a closely knit web of organisation, and not an isolated thing that goes wrong all on its own, so to speak. Mouth, stomach, small intestine, liver, lungs, heart—these are the chief parts of the said organisation.

Digestion begins with the action of the saliva in the mouth during mastication, continues in the stomach, is carried further in the duodenum (the first part of the small intestine) and completed in the long winding channel of the small intestine. By this time food is an emulsified milky fluid (except for fibre and unmasculated pieces) and it is this milky fluid which is absorbed into the network of small veins that enmesh the small intestines. As venous blood it is then carried to the liver, and from there to the lungs, where the oxygen in the air breathed helps to purify it before it is pumped to every part of the body through the arteries.

Now any such process of preparation, inside or outside the body, involves waste-matter or by-products; and, sure enough, the liver shows this very clearly in its excretion of what is called bile. For this yellow fluid represents not merely a by-product of the breaking down of the red colouring substance of the blood, but the elaboration of acid waste-matter into something of importance in the digestion of fats. In short, the liver, before throwing its waste into the intestine via the gall-bladder, works it up to some purpose. It is estimated that the liver of an adult excretes from one to two pints of bile daily. Rich strong foods, such as

pork and red meat, induce a greater amount.

The next thing to understand about the liver is its position, which brings it immediately under the influence of breathing. Although it is a large organ, weighing about 3 lbs., it is tucked away under the right-hand ribs, with the stomach close up to it on its left, while touching it on its under side is the large bowel, where the first or ascending section turns left across the body.

It follows that lazy, shallow breathing deprives the liver of that measure of internal massage that it needs if it is to be kept at concert pitch. (The tight-laced corsets of Tudor times, repeated in the nineteenth century, must have induced endless liver trouble among women, just as the stooping bodily carriage and ineffective breathing of multitudes do today.)

The third thing to understand is that the complex activities that comprise the function of the liver require—as do all other processes in assimilation and excretion—an adequate supply of suitable mineral elements in the food eaten. The accumulated experience of practitioners of the Schussler Tissue Salt therapy goes to show that Sodium Sulphate is a special requirement of this organ.

It follows from a consideration of these three facts that a sluggish liver, a bilious 'attack' or the production of gall-stones, must have as their background any one or more of these five faults: (a) excess of nutritive material, (b) over-rich food, (c) a congested, stagnant condition of the parts, (d) lack of usable min-

eral salts, (e) inadequate supply of nerve-force from the spinal cord to the liver.

Naturally, if the liver gets chilled, this will slow down its activities, but the less the above five factors are in the picture, the less will the liver be depressed by chill.

Gall-stones are solidified bile. For this to have become solid it must have been over-concentrated; in other words, the liver had been unable to keep its by-products fluid, which brings us back to those five factors again.

The treatment of liver ailments will be successful just in so far as it seeks to rectify those five possible causes of the trouble. Although the numerous liver pills and 'salts' are in some cases relatively harmless, their chief defect is that by stimulating the digestive tract to a temporarily increased muscular movement and nothing more, they switch attention away from real causes and restoration. With calomel the matter is much more serious, for this drug is chloride of mercury. Its so-called action in "sweeping bile onwards" would be more accurately described as the body-mind's violent reaction against the poison that chloride of mercury is. Mercury, except possibly under certain circumstances in extreme homeopathic dilution, is an enemy to human health.

From "Health and Life" Magazine.

### WHEAT OIL MAY CURE STERILITY

MILWAUKEE, Sept. 6. — (I. N. S.)—Dr. Marston Taylor Bogert, professor of organic chemistry at Columbia Univer-

sity, who tonight was awarded the Priestly Medal, highest honor of the American Chemical Society, held forth a hope that chemistry may find a cure for sterility.

"For the tragedy of sterility," Dr. Bogert told the assembled men of science, "vitamin E—the so-called fertility vitamin present in wheat germ oil, which has such remarkable effect upon lower animals—holds out the hope that perhaps in some derivatives or compounds of related structure there will be found at last a cure in the higher animals, including man."

A new chemical factor that prevents gray hair or restores the natural color is being isolated by an Ohio scientist. Dr. Charles H. Hunt of the Ohio agricultural experiment station, told the society he is hot on the trail of a vitamin B-yeast extract combination which solves the problem.

From "Herald and Examiner," Chicago.

### EXPERIMENTS WITH HORMONES

By Logan Clendening, M. D.

Botanists have followed the lead of workers on ductless glands and are doing some remarkable things with plant hormones. They can speed up growth of plants. They can increase the size of roots or make leaves and branches grow.

They can take an old tree that is just about dying and make its roots spread again, its branches grow—a complete rejuvenation. And they do this with chemicals that apparently are not found in the plant itself.

Plants, in fact, respond much better to hormone treatment than animals. It was the dream of the endocrinologist of a few years ago that some such results as those obtained on the old tree would be possible for man.

Attempts at rejuvenation with ductless gland extracts and transplants have been made aplenty, but no real success can be reported. Many old men have reported that they felt younger after the treatment, and for a while acted younger.

### Only Delusion

But they did not look any younger, nor did their general experience serve to encourage those of us who are approaching anecdote.

It is a lovely Faustlike dream to remain young and some day it may be accomplished, but the experience of Faust himself would incline one not to try to play pranks on nature. Nature seems determined that nothing is going to stop the process of aging generation after generation and removing them from the scene.

The problem of masculinity and femininity also falls into the category of the ductless glands. Here, perhaps, more success can be reported. Many people, though definitely masculine, have a feminine trend. Their voices are high, the skin smooth, the hair silky and deposits of fat have a feminine distribution.

### Sex Chemical

The condition seems to be a combination of pituitary and adrenal hormones affecting the gonads. Much success results from proper administration of these extracts.

Similarly, there are masculine women who have too much adrenal cortex tissue, as remarked in a previous article.

The question of sex seems to be quite chemical in nature. The phenomenon of freemartins is interesting in this respect. A cow may give birth to twin calves of opposite sex, each of which is normal. But occasionally the placentas are fused so bloodstreams of the two foetuses intermingle. In such cases the female shows considerable transformation toward the masculine form and remains sterile.

### OXALURIA

In the human digestion there are several kinds of acid. Some are essential to the process of digestion. Others are generated by decomposition of food. Hydrochloric and lactic acids are natural to the stomach. The former acid in health does most of the work of protein digestion. It helps the ferment pepsin to break up and liquefy proteins. Whenever the hydrochloric acid is deficient, digestion is bad, and the nutrient ferments, rancid irritating acids are formed, and the symptom called acidity results.

One of the most deadly of these acids is that known as oxalic acid. It is so poisonous that Nature tries to neutralize it at once by means of calcium and other alkaline salts present in the body. It is not definitely known how oxalic acid is produced from decomposing food but it is absurd to assume that it is caused by eating foods such as tomatoes, rhubarb, etc., even though they do contain traces of oxalic acid. The

real culprit, where oxaluria is present, is the decomposing food itself. It has, for example, been shown that an exclusive diet of meat and sugar, both of which are free from oxalic acid, will produce severe oxaluric poisoning in the case of dogs and other animals.

It is obvious, then, that where there are marked signs of the presence of this powerful irritant, it is not the restriction of tomatoes and rhubarb that is indicated, but a carefully thought-out acid-neutralising regime which will reduce, during digestion, the formation of further destructive acids to a minimum, and provide acid-neutralising salts to help the body to dissolve and eliminate the irritating stored acids.

It should be noted Nature seeks to neutralize oxalic and other destructive acids by means of alkaline bases, present in the bloodstream or in the tissue glands, bones, teeth, etc. Calcium being the most readily available is largely used for this purpose, because Nature can abstract it from the gums or the bones where most of the lime salts of the body have been deposited.

From "Health and Life," England.

### VARIOUS ULCERS AND THEIR TREATMENT

By Geo. Dick, M. S. M. H. A.

An Ulcer is an abrasion of the skin or mucous membrane which does not readily heal but, instead, experiences a destruction of tissue with the formation of pus. Ulcers can develop internally and externally on the body. External ulcers, of which there are several kinds, are the most common. The late Prof. Syme, of Edinburgh,

classified the various kinds as follows:

- 1st—Healing ulcers.
- 2nd—Ulcers failing to heal from excess of action.
- 3rd—Ulcers failing to heal from defect of action.
- 4th—Ulcers failing to heal from peculiarity of action.

**Causes.**—Irritations of any kind, or bruises, may be exciting causes, especially when the health is in a poor state. Where the general health is fairly good, some particular part may be subject to influences that readily provoke ulceration, such as the dilatation and obstruction of varicose veins, which causes a sluggishness of circulation. Thereby the nourishment of the skin and surrounding tissue is impaired and a scratch or slight barking of the shin bone against a hard object gives rise to a wound difficult to heal.

**Symptoms and Treatment.**—How are we to determine which of the various types of ulcers we are dealing with?

No. 1. The **Healthy Ulcer** can be recognized by the small firm elevations, which I term "hill-locks." They are sensitive to the touch and bleed easily; there is a slight discharge of matter. The edges are almost level with the surface, the break not being deep, and a thin, blue coloured line indicates the advancing new skin layer. The treatment of this type is simple, and consists of giving it as much rest as possible, keeping it in an elevated position when sitting, if on the leg. The wound must be cleansed thrice daily by allowing pure tepid water to be poured over it from

above, and then covering it with a wet lint dressing made from Comfrey, Clowns Woundwort, or Self-heal liquor. Cover the lint with oilskin, and hold in position with bandage when going out or at bedtime.

No. 2. The **Inflamed** type of Ulcer is recognised by its red, swollen, angry-looking edges, puffed up, uneven surface, and thin offensive smelling discharge. There is also an aching, throbbing pain. The bowels must be kept open and poultices applied to the ulcer, made from 2 parts Powdered Slippery Elm Bark, 1 part Powdered Marshmallow Root, and a pinch of ground Ginger. Apply these until the inflammation has subsided, then treat as for a **Healthy Ulcer**. If it does not respond in a week consult your nearest qualified Medical Herbalist.

No. 3. The **Unhealthy** or **Weak Ulcer** is recognized by large, flabby granulations or hillocks, to which the medical term "proud flesh" is given. The discharge is thin and watery, and the wound painless. Another form in the same type, which I have noticed, is the **Glacial Ulcer**, so called by me owing to the glazed appearance of the skin (similar to that found in some types of Dropsy). The same treatment suits both these types of Ulcers. Firm pads must be made from folded cotton wool, with thin yielding cardboard or like substance between, and applied over a lint dressing saturated with an herbal astringent lotion, all being held in place by a moderately tight bandage. The person should take as much nourishing food as possible, be-

sides a good tonic wine, such as Kola Nut and Quinine.

No. 4 type of Ulcer, failing to heal through peculiarity of action. There are various kinds of these. They may be due to various diseases of the skin, Eczema, Impetigo, etc., or from contagious diseases such as Syphilis, etc. This type is recognised by its irregular surface, and the edges of the wound crumble away. The ulcer is generally deep and foul smelling, much pus and watery fluid running from same. Great care must, therefore, be taken to keep it covered, to prevent poisoning from stocking dye, if in the leg. Treatment should be directed towards removing the condition that causes it. Poultice with Slippery Elm, or the mixture already recommended to clear of pus and allow nature to build up granulations of new tissue, or hillocks of new flesh. When these granulations are almost level with the surface a daily dressing of Varicose ointment, or wet dressing of Comfrey or Selfheal is all that is required. Anything that supports the veins will ultimately help the ulcer if in the leg. I, therefore, advise bandaging or the use of an elastic stocking which must extend from the bend of the toes (immediately behind) and across the metatarsal arch, to above the wound.

A course of good blood-purifying medicine should be taken by sufferers from any form of Ulcer. I recommend the following:— Fluid Extracts Figwort 4 oz., Yellow Dock 1 oz., Bittersweet  $\frac{1}{2}$  oz., Juniper Berries 3 drachms, Guaiacum Chips 2 drachms, Prickly Ash Bark 1 drachm, Turkey

Corn 2 drachms, Poke Root 1 oz., and Essence Sassafras  $\frac{1}{2}$  oz. Mix together and take 1 teaspoonful in a wineglassful of water after meals. Strict attention should be paid to the diet and plenty of vegetables—raw and cooked—taken.

### COMMON LIVER TROUBLES

#### HOW TO GET RELIEF

By J. Milton, N. D., D. O.,

M. N. A. M. H.

All liver troubles are brought about by definite causes. Chiefly they are wrong foods, over-eating and enervation. Chronic diseases of the liver include cancer, fatty degeneration and cirrhosis. It is not with these latter that this article proposes to deal, but the more common forerunners.

In the first place it must be realized that the liver is a most important organ of the body lying on the right side, immediately under the diaphragm, and protected by the lower ribs.

Among its functions are the secretion of bile, the extraction of poisons from the blood, and the change of nutriment absorbed by the blood into suitable material for assimilation by the tissues.

The bile in its turn is a digestive fluid which also helps to moisten the mucous membrane of the intestine, assists in stimulating the peristaltic motion of the bowel and acting as an antiseptic.

#### Strain on the Liver

When the blood enters the liver it carries with it the worn out substances; these are changed to urea which eventually pass to the kidneys and are eliminated as urine.

With all this work to do, with all the food and drink that enters the body to deal with, it is marvellous to think the liver can endure such a strain.

Further, let it be remembered that if the liver has more food and drink to deal with than it can manage, then it means an adverse effect upon the organs. For instance, over-production of urea means the over-working of the kidneys. If persisted in that spells a breakdown in either or both kidneys.

If the liver is unable to prepare for the building up of broken-down tissue, then those parts involved, whether it be the skin, nerves, muscles, etc., are going to suffer. Very often symptomatic diseases such as Bright's disease, neurasthenia and constipation can be traced to liver disturbances or overwork of that organ.

#### Avoid Stimulants

Over-eating is always bad for the liver, and sugars, starches and fats are particularly conducive to liver troubles. Alcohol is one of the prime causes of cirrhosis and other troubles and should never be indulged in; strong tea and coffee should also be avoided.

Bilious symptoms are denoted by "coated" tongue. Headaches, constipation, loss of appetite, sal-low skin, all point to torpid liver. Fear and depression are often the result of liver derangements.

The cure and care of the liver is essential to sound general health.

Abstention from all foods for three or four days is essential. Water or orange juice, or grapefruit and water can be taken ad lib. The body should be sponged

down with tepid water during the day. Each night and morning a good rub down with a dry towel will stimulate the circulation and remove body acids.

#### Remedial Measures

The diet should consist of fresh fruits for breakfast, followed by a glass of raw milk.

Mid-day meal should be a good green salad followed by a little wholemeal bread and butter.

The third meal of the day should be steamed or casserole cooked, greens and vegetables. A nut dish or a little lamb, steamed fish, chicken or lightly poached egg, followed by dates, figs, apples, pears or soaked prunes.

No salt should be taken with food or used in cooking nor should sugar be taken.

Plenty of exercise in the fresh air is necessary. Avoid late nights and indoor amusements.

The following Herbs should be covered with two pints of wa-ter, then brought to the boil and allowed to simmer for twenty minutes.

Wood Betony, Coolwort, Ground Pine, Chiretta, of each half an ounce.

An alternative to this is, Tag Alder, Ground Pine, Barberry Bark, of each half an ounce; Cas-carilla, quarter ounce; Golden Rod, quarter ounce.

The dose in wineglassful three times daily.

### INSOMNIA

#### How to Get Relief

The proportion of time spent in sleep varies with the individual; eight hours in every twenty-four is the average. A person with a very active mind, who is habitu-

ally engaged in interesting pursuits, requires much less than the lazy individual.

Looking back through history, biographies of the famous will tell us how men like Frederick the Great, Napoleon, and other campaigners who devoted every moment of their time to active employment, required only four or five hours' rest. The opposite can be found in the indolent whose life is a daily round of dinners, suppers, theatres and amusements; for that type ten hours' deep slumber seems hardly enough!

But what is sleep? In brief it is a profound depression of the activities of the central nervous system. As the result of this depression, the muscular reflexes, glandular secretion, respiration and general metabolism are all likewise depressed. The most pronounced feature is, however, the lessened activity of the psychic structure. That this is not wholly eliminated is obvious by the occurrence of dreams; although the fragmentary nature of dreams indicates that few brain cells are occupied.

Among some of the influences that will interfere with sleep are hunger and cold. There is a well known case, duly recorded, of some unfortunate women who were kept inside a small hut surrounded by snow. They were there for thirty-four days, had very little food, and hardly slept during the time.

Sleeplessness or insomnia is a condition which calls for pity. It is due to many causes and is common in those suffering from hysteria. Various stomach com-

plaints, liver disorders, will prevent perfect slumber. The cause should be sought for from the beginning so that a curative treatment can be attempted. Drugs of any kind should not be used, as that way lies calamity. There is the greatest danger in taking even the mildest "sleep producer" as so many poor souls have found to their cost.

#### Simple Treatment

Providing no organic disease is present, there are a number of simple measures, easily carried out at home, that can be taken without danger.

The following method for insomnia was published some time ago after previously having been regarded as a secret. "Let the person suffering be placed in bed on the side most congenial by habit; let the pillow just fill the space between the shoulder and head, so that the head is supported in the same position as if the body was upright. The legs should be drawn up in an easy attitude, the arms crossed over the chest. Now draw in a deep breath, and expire it gently and slowly through the nostrils, or lips nearly closed. The attention should be fixed on the outflowing stream of air, to the entire exclusion of any other thought. This process is to be repeated until this is completely attained; and as soon as it is—that is, as soon as the one idea of the outflowing breath absorbs attention—sleep ensues." These directions, although simple, are valuable, and should not be disregarded.

#### Herbs Will Help

Pillows filled with Herbs, usually Hops, are helpful in many

cases. An infusion of Hops taken at bedtime produces a soothing effect and in slight cases where the brain is overwrought, through minor worry, will prove of value.

The following recipe has worked in some cases:

Peppermint Herb .....	1 oz.
Rue .....	½ oz.
Wood Betony .....	½ oz.

Mix these together and place a tablespoonful in a teacup. Fill with boiling water, stir and cover for about twenty minutes. Strain and sweeten and drink before retiring.

In many cases relief will be felt only after some malfunction of the body has been put right. That is why it is one of the reasons we say drug-taking in these cases is dangerous. The symptoms are obscured and the practitioner is handicapped in making a diagnosis.

Another word of warning is for the person who has had several restless nights and is beginning to worry and imagine insomnia is getting a grip. Worrying will, of course, make matters worse when perhaps all that is needed is a hot water bottle. Such a simple appliance works wonders with sleeplessness.

### CHRONIC INFLAMMATION OF THE SPLEEN

#### HERBAL TREATMENT

By R. Dootson, M. N. A. M. H.

As an introduction to this subject, and before dealing with the complaint, I will give a definition of the organ and its functions.

The spleen lies behind the car-

diac end of the stomach underneath the diaphragm muscle on the left side of the body between the 9th and 12th pairs of ribs in a line vertical with the axilla on the left side of the pectoralis muscle commencing from the scapulo-clavicular (joint of the shoulder).

About five inches in length and six ounces in weight, the spleen is of a dark purple colour and is a ductless gland with an outer cortex. The inner portion is pulpy and is ramified with blood vessels consisting of the splenic artery arising from the dorsal region, the veins from the vena cava, the capillaries and the lymphatic vessels.

The arteries do not, as in many other organs of the body, unite with the capillaries of the veins and return the venous blood into the vena cava and thus to the heart. These small vessels from the arterial blood vessels, end in the pulp of the spleen. As the function of the spleen carries on with its duties, it deals with the worn out red corpuscles, which are about 1/3200 part of an inch in diameter, and passes them into another set of capillaries which connect with the portal vein and into the liver to be manufactured into nutriments by this organ in the form of hormones.

Then there are the white corpuscles. These little bodies are about 1/2500 part of an inch in diameter and are supposed to be very useful. Like the scavenger in the street who sweeps along with his broom until he clears away all the refuse to be burned by the incinerator, so it is with the white corpuscles. They travel

along the blood vessels picking up the poisons as the blood dispenses with them and clears them all away. Wherever there is a wound, the white corpuscles are to be found closing up the injury with their antiseptic properties. Now as the spleen is supposed to manufacture the white corpuscles you can see how important in the function of life's processes this organ is. It is both a secretory and an excretory organ.

Like other functional parts of the body, the spleen is subject to disease. Chronic inflammation of the spleen means not only long-standing trouble but also means difficult to cure.

#### The Cause

No case of any description can be dealt with until an accurate diagnosis is formed; this is fundamental in all complaints. The cause may be through cold, sprains, lesion, poisonous circulation, gangrene, syphilis, plumbism, accumulation of dust from coal or poisonous gases arising from old grids.

#### Symptoms

Severe pain is felt in the left hypochondriacal region and down to the lower portion of the 12th pair of ribs. Pains at the beginning are in paroxysms and are severe repeating at intervals but as the case advances the pains become more stable. The temperature rises as in all inflammations. The features become pale, sallow, worn and feeble through pain, ulcers and abscesses. The urine is scanty, cloudy and albuminous. The patient gradually loses weight. Diagnosis is performed by palpation on the left side

from the 9th to the 12th pair of ribs; a bulging of the organ is felt through enlargement. The latissimus dorsi, externus obliquus and the internus obliquus muscles are also inflated.

#### Treatment

As inflammation means heat and an over-crowding of the blood vessels, which certainly cause pain and obstruction, the first point is to relieve the congestion and get an equal balance. By doing this the breathing apparatus is lowered from about 40 to the minute to the normal of 18; also the temperature will fall to the usual 98.4. The heart action, which has been probably anywhere from 90 to 120 to the minute, is brought down to about 60-70.

This is done by giving inwardly medicines consisting of diaphoretics, emollients, stimulants, relaxants, nervine-stimulants, antiseptics and cathartics. Outward applications for external work should consist of stimulating poultices of Capsicine, Ginger and Oatmeal as hot as it is possible for the patient to stand. Also use hot water bottles to the feet and sides, vapour baths three times a week and a sponge down with vinegar and warm water after each bath, care to be taken not to catch cold.

As a Herbalist and a believer in non-poisonous remedies, believing that heat is life and cold is death, I prefer to give the treatment by Nature's remedies as follows:

F. E. Yarrow .....	$\frac{1}{2}$ oz.
F. E. Lobelia .....	$\frac{1}{4}$ oz.
F. E. Valerian .....	$\frac{1}{4}$ oz.

F. E. Raspberry-leaves	$\frac{1}{4}$ oz.
F. E. Marshmallow-	
root .....	$\frac{1}{2}$ oz.
F. E. Fringe Tree-bark	$\frac{1}{4}$ oz.
Tinct. Cayenne .....	10 drops

The proportions as above in 12 ounces of water; dose, one tablespoonful every three hours.

This can also be made up in decoction from the crude Herbs if preferred. Use the ingredients as above adding the tincture after the decoction is made. Add three pints of water and boil down to one quart. Dose is a wineglassful every three hours. Take Leptandrin pills sufficient for a motion.

An alternate method is to give Peppermint - herb and Elder-blossom, in an infusion and sweetened with black juice; one ounce to three pints of boiling water. Give as freely as the patient can take until the perspiration begins to flow. Keep it up in order to let the poisons from the pores.

By doing this, along with the other course of treatment given you will lower the temperature, breathing and pulse actions and get an equilibrium, which means victory to the patient. The reason for keeping the pores open is to let out the poisons and remove congestion by letting off the carbonic acid, urea, salts and water from the pores; this in normal times amounts to about 36 ounces every 24 hours.

After the temperature becomes normal, begin on hygienic lines both inwardly and outwardly. Give the best of foods such as gluten bread, vegetables, fruits, Herbal-tea instead of ordinary tea, as this will clean and purify the system. Plenty of fresh air

as soon as the strength will allow the patient to go out of doors. As a building and nourishing food, give between meals Slippery Elm food, one tablespoonful in one gill of cold milk. Mix the food and milk together and then add hot water sufficient to make it warm enough to drink, sweetened with best honey. Give this three times a day as it is a great restorative to the body; it purifies the system and its value as a food cannot be overestimated as a restorer.

#### CANCER CONTROL REMEDY FOUND

#### TESTS WITH MICE HAVE BROUGHT RESULTS

NEW YORK. — Control of cancer by a chemical remedy, perhaps one that can be taken by mouth, seems more probable than ever as a result of research reported by Dr. Leonell C. Strong of the Yale University School of Medicine to the scientific journal, "Science," here.

No such human cancer cure has yet been obtained, and Dr. Strong's report is of research with mice only. When he fed these animals a chemical, heptyl aldehyde, along with an otherwise normal diet, however, the spontaneous tumors of the breasts of the mice softened, liquefied and regressed or disappeared completely.

Without referring at all to human cancer, Dr. Strong points out that his research "opens up the question that spontaneous tumors, in mice at least, may eventually be controlled by chemotherapy."

The research reported this is a sequel to previous work in which Dr. Strong found that feeding cancerous mice true oil of winter-green caused softening and complete liquefaction of the tumors. The active agent in this oil, he has now found, is the chemical, heptyl aldehyde. When he gave this chemical to the mice, the tumors liquefied so extensively that they could be drained or sucked up through a hypodermic needle. This drained-off liquid was tested bacteriologically by Dr. C. G. Burn and found to be sterile.

From the "Orlando Morning Sentinel."

Submitted by Mrs. C. S. P., Orlando, Florida.

#### LORE OF THE FERN

Speak to old countryfolk and you will learn of mysterious events that occurred in days gone by. Stories are handed down from the "elders" and no doubt embroidered with each telling. They help to pass away many an hour in the quiet times still to be enjoyed in a few parts of the country as yet unspoilt by the destroyer of peace in our land, the wireless, however useful it may be otherwise.

Much legend is centred round the family of Ferns. These flowering-plants are propagated by spores, but the belief crept into circulation that they have seeds which are invisible!

A fantastic idea, but from it sprang several superstitious stories, chief of which is the belief that those possessing Fern-seed would become invisible themselves. There are several refer-

ences in literature, including Shakespeare's "Henry IV."

Listen to this story heard one summer's evening. Old Farmer George was out searching for a lost foal, and in traversing a meadow where the Fern was ripening some of the seed fell into his boots. On returning home he thought it very queer that his family ignored him.

"I have not found the foal," he announced in an aggrieved tone.

Everyone started at the sound of his voice and looked about with frightened glances.

His wife having an idea that perhaps, for a joke, old George was hiding, called him to come out. Whereupon he stood up and cried, "Why do you call me?"

The family became very concerned at this for they had heard him move and speak, but still could not see him.

For the first time it dawned on the man that he was invisible and, with the thought, he recollects the Fern-seed. So he began to shake out his clothing and boots and as he did so became visible once again.

Seeking information on this story I probed here and there and found that the belief in this legend is not defunct. In fact we were told very precisely that the Fern blooms and seeds at midnight on Midsummer's day, which is St. John's Eve. Apparently there is a ritual to be observed in order to catch this rare and elusive seed. Twelve pewter plates must be taken to the spot where the Fern grows. The seed will pass through eleven of the plates and rest upon the twelfth.

This is necessary, said one learned in the art, because demons are on the look-out to take the seed away before ordinary mortals can possess it. Getting warmed up to his subject, my informant recounted how on one occasion the demons grazed his ears, whizzing past like bullets, knocking off his hat and submitting him to all kinds of indignities so that in the end he had to retire defeated!

Turning to that well known book on Herbal Simples by Dr. Fernie, under the heading of Male Fern, the following explanation made the subject a trifle clearer.

"The seeds of this and some other species of Fern are so minute (one frond producing more than a million) as not to be visible to the naked eye. Hence, on the doctrine of signatures, the plant—like the ring of Gyges, found in a brazen horse—has been thought to confer invisibility."

Readers not well acquainted with classical references may be informed that Plato says that Gyges found the ring in the flanks of a brazen horse, and was able by means of this talisman to enter the king's chamber unseen and destroy him. Afterwards Gyges married the queen and became king.

Hence the reference in one of Beaumont and Fletcher's plays:

"Why did you think that you had Gyges's ring.  
Or the herb (Fern seed)  
that gives invisibility?"

**Editor's Note:** This is the root called John the Conqueror in the South.

#### TREATMENT OF VARICOSE VEINS

By Geo. Dick, M. S. M. H. A.

The name is derived from the Latin, *Varix*—dilated. The veins dilate through weakness of the walls, or are overstretched by pressure within them; in addition the vessels become tortuous. The dilatation is greatest in the neighbourhood of a valve, where pouch-like stretchings are formed. The veins of the lower extremities are very liable to this dilatation, and the gorged veins of the legs are seen running irregular courses, especially towards inner side of knee. They may also be seen as fine branches, showing a blue tracery, in the skin of the inner leg, ankle, and foot. Piles, strange to say, are a form of Varicose Veins.

**Causes.**—The causes are various, but mainly mechanical. A congested liver, or bowel, by impeding the return of blood—thus increasing the pressure in the veins—is one of the chief causes. Varicose Veins are common in women during pregnancy, through the enlarged womb causing obstruction of abdominal veins. Persons engaged in occupations which cause them to stand or walk all day, such as policemen, postmen, railwaymen, tramcar drivers, and factory workers, also stout persons and women who have had large families, are more or less troubled with Varicose Veins.

**Treatment.**—To treat this rather common trouble satisfactorily the cause must be removed. A loaded state of the liver should be treated as soon as manifest, also constipation of the bowels.

There are many excellent herbal preparations for stomach, liver and bowels, among which may be mentioned Butternut Bark, Barberry Bark, Wild Yam Root, Wahoo Bark, Cascara Bark, or Dandelion Root. Attention must be paid to diet, and starchy, rich and clogging foods eaten very sparingly. I refer to potatoes, white bread and other white flour products, cheese, pastry, fat meats. Drink dandelion coffee instead of tea, cocoa or ordinary coffee. Support to the affected vessels should be given where possible, by use of a bandage or elastic stocking, until they get stronger. The pain and swelling of a limb are greatly relieved by resting it in an elevated position for several short periods during the day. The veins should be bathed with some cold salt water twice daily. If bandaged up each night with a compress dipped in a Witch Hazel infusion, over which two or three thicknesses of dry flannel have been wrapped, gradual shrinkage and strengthening of the veins will be brought about. The popular treatment for Varicose Veins today is that of injections, but I strongly advise against this. The cause is not purely local, and treatment must be more than local. Drink freely of composition essence to stimulate and equalise the circulation, and take a strong blood purifier, to cleanse the blood. This is one I recommend:

Figwort Herb,  $\frac{1}{2}$  oz.; Yellow Dock Root, Bittersweet Herb, Juniper Berries, Turkey Corn, and Sassafras Bark,  $\frac{1}{4}$  oz. each; English Mandrake Root and Guaiacum Raspings,  $\frac{1}{8}$  oz. each. Pour

$3\frac{1}{2}$  pints of boiling water over the herbs, simmer for 20 minutes; then strain. Dose: 1 wine-glassful thrice daily before meals.

If a vein should burst in a lower limb, the leg should be raised and pressure applied above the burst. Put a cold water pad over the break, or a Bistort, Witch Hazel or Self Heal compress, and bandage tightly. Keep the leg elevated for several hours after the bleeding stops. Acquaint your nearest Herbalist immediately and get his advice. If there are none in your district call in a doctor; it may be serious. Death from bleeding has been caused by the bursting of greatly swollen Varicose Veins.

#### MUGWORT

A little girl was wandering along a path through a wood looking for mushrooms. In her thoughts dwelt only a pleasant anticipation of her mother's pleasure for she had filled such a nice basket.

To all other things the little girl was lost. So when she almost stumbled over a number of snakes, all coiled up and asleep on the path, her startled cry rang through the forest.

Backwards she fell headlong into a deep pit which, it so happened, was the home of the snakes. The pit was dark, and the poor child was in great despair. But the queen of the snakes made friendly approaches and beckoned her to a passage where there were other snakes. These she noticed were congregated round a luminous stone and every now and again they sent out

their long, forked tongues and licked it.

Now this, said the little girl to herself, is very curious, and asked the queen of the snakes why the other snakes did this. "They do that when they are hungry," was the reply. So the little girl, who then began to feel really sharp set, was tempted to lick the stone, and straightaway her hunger left her.

Thus she passed the time away; how long it was no one seems to know. Some say a few hours—others a few months. However, there came a time when the snakes decided to help her, and interlacing themselves to form a ladder, the little girl was able to climb up and reach the mouth of the pit to find herself once more by the side of the path.

Being a nicely brought up child she thanked the queen of the snakes very prettily for her kindness. The queen, being touched by such politeness, gave the little girl, as a parting gift, the power of understanding the language of plants and their medicinal value, providing she never spoke the name of the Herb Mugwort. If she did pronounce that one word, then the gift should be taken away and she would forget all.

In the days that followed people marvelled at the knowledge of the child, but one day there came to the village where she lived, a fair young man of dazzling distinction. He plied the little girl with many questions and his admiration for her increased with the information she was giving. But, foolish little girl, she threw caution to the winds and

answered him too eagerly, for when he said, "What is that plant?" pointing to a Herb with silvery-white undersides to the leaves, she replied, "Mugwort." As though some one had wiped a slate clean, all her knowledge departed, and that is the story how Mugwort got another of its many names, the "Herb of Forgetfulness."

W. J. F.

#### WORMS—CAUSE AND CURE

By H. Mansfield, M. N. A. M. H.

There are several kinds of worms at times found to exist in the human body. Three of the most frequent are taenia or tape worm; teres or round worm; and ascarides or seat worm, sometimes called pin worms.

The common tape worm as the name implies, resembles tape with numerous joints, notches, or segments, varying in length from a few feet to many yards. It is liable to break off when leaving the bowel, and if this should happen it will grow again. Unless the head of the tape worm is evacuated, a cure cannot be effected because it grows from the head. There are a number of varieties of tape worms but we are using general terms to help the reader.

The long round worm is like the common earth worm and varies in length from 6 inches to 15 inches. Sometimes 1 to 3 may exist in the body at the same time, although there have been records of a hundred voided. It infests the small intestines and seldom migrates to the large bowel excepting when made to

leave the body. Instances have been recorded of the worm creeping upward in the esophagus, larynx, eustachian tube; or the nostrils, particularly amongst butchers who eat raw suet or raw meat. The presence of the worm in the parts mentioned is fortunately rare.

The seat or thread worm resembles a tiny piece of thread; or may be round like a grub found in manure heaps, half to one inch long; at times grouped or matted together when seen in the excreted matter. We cannot estimate the number of these parasites existing in the human rectum. Hundreds, or even thousands, can be voided at one discharge.

These are especially distressing at night when the parasites crawl out of the anus when the children become warm. These are very active worms, and cause irritation and itching, more so when they crawl into the vagina and urethra. Thousands of children suffer because parents and guardians treat it lightly or wrongly presume a child will grow out of it. That view is wrong because many adults also suffer from seat worms.

**Symptoms.**—Most of the symptoms are similar to the presence of other worms. Paleness, shrinking features, loss of weight, weakness, ravenous appetite or the exact opposite; feeling of sickness, digestive disturbances, grinding of teeth, picking of the nose, fretfulness, itching of the feet, coated tongue, and deranged constitutions. Any one or more of these symptoms may be present in one case.

Examine the faeces or stools when worms are suspected, and when a child is asleep examine the anus to see if worms are crawling or flicking about. Remember St. Vitus' dance is a common result of worms.

**Causes of Worms.**—The general opinion is that worms enter the human body through infected foods and drinking water, consequently we must guard the sufferer against both infected food or water. The swallowing of a germ cell or egg contained in animal foods, more especially pig (pork) which cooking has failed to destroy. Other articles of food, gormandizing, dirty finger nails, or constant exposure to marshes and low lying districts develop a liability to worm infection.

**Treatment.**—It is easy to remove worms, but that does not remove the cause, for remember they cannot exist in a healthy body. For treatment to be a success, it must assist nature to produce a healthy constitution.

My first step in the removal of worms is a fast; the period of the fast to be governed by the constitution of each patient. My theory is that you don't feed a thing you want to destroy, you starve it. Worms develop in filth and certain animal deposits.

A Quassia and Wormwood compound is useful for bowel injections, but always apply herbal ointment to the anus afterwards, and after each evacuation.

Keep the nails scrubbed, and let the patient wear cotton gloves during sleep.

When the stomach and bowels are empty of food, then give

worm medicines which can be chosen from the following herbs:—Male fern oil; herb, extract or capsules; tansy; quassia; wormwood; balmony; kamala; kousse; embelia ribes, etc.

About 12 hours after the worm medicine has been administered, use leptandra, senna, syrup of figs, or castor oil to purge the bowels. A bowel injection of quassia and wormwood will help remove worms and eggs adhering to lining of the bowels.

Having cleansed the system of worms, proceed to build up and re-vitalise the system. The following herbs will help this process:—camomile, balmony, centaury, raspberry leaves, poplar bark, hydrastis, bogbean, etc.

The food must be plain and nutritious, containing plenty of fresh fruit and green vegetables.

Please note I do not give an exact formula; only general advice as each case needs individual treatment. As neglect and wrong treatment can have serious results, don't hesitate to consult a medical herbalist when uncertain what to do for a child or an adult afflicted by worm parasites.

#### CALCIUM FOUND VITAL IN HEALTH-GIVING DIET

By G. B. Lal,

(Copyright, 1937, by Universal Service)

NEW HAVEN, Conn., May 31.—New experiments showing the importance of calcium in food were revealed at Yale University's laboratory of physiological chemistry here today.

Ercel S. Eppright and Arthur H. Smith made experiments on white rats to determine just what happens if certain "inorganic salts" are lacking in the diet.

Generally rat experiments show the way to human conditions.

Thus the Yale scientists found some new facts of direct significance for human beings.

#### Build Muscles

As far as the rats were concerned, Drs. Eppright and Smith found that calcium and phosphorus were both tremendously important for the preservation of muscle and other kinds of tissues in prime condition.

Calcium, sodium and potassium, also phosphorus, in the form of "inorganic salts," are part of normal diet.

The Yale experimenters say:

"These experiments showed that the consumption of a ration which is deficient in inorganic salts results in changes in the composition of the body tissues.

"The soft tissues are less susceptible to dietary alterations than the skeletal system."

That is, bones are more harmed than muscles by calcium, sodium, potassium and phosphorus deficiencies.

#### Potassium Vital

Potassium was proved to be of key importance in maintaining the vigor of muscle and skin fat cells.

But, in its turn, potassium required calcium. That is, in the absence of enough calcium, potassium passes out of the cells of the body and thus lowers their activity.

According to the Yale scientists:

"Directly or indirectly the removal of calcium and potassium from the diet greatly reduces lipids (fats) in the tissues, particularly in the skin."

**Clue to Baldness**

Now the skin fat depots are important for retention of the hair. With loss of skin fat depots, the hair of the rat falls off.

Whether this has any significance for human baldness, Drs. Eppright and Smith do not say explicitly.

### HOW TO RELIEVE EPILEPSY

**PREVENTION AND CURE**

By John Maxwell, N. D.

Epilepsy, sometimes described as "Falling Sickness," is a sudden occurrence of unconsciousness and senselessness. There is a sudden privation of sense, accompanied with unusual motions and violent convulsions of the whole system. In most cases, the sufferer falls to the ground with a shrill cry. The eyes are fixed or wildly rolling, the fists are clenched, the thumbs are turned in, cramps, convulsions, and paroxysms in all parts of the body.

There is a violent disturbance of the nervous system. The question is, what are the causes for that disturbance? What can account for the sudden attack?

Various theories are put forward, and most doctors are at their wit's end to discover the reasons why.

In line with most allopathic treatment, suppressive measures are generally used. Something is given to deaden the sensibility of the nervous system. The use of bromides, iodide of potash, and arsenic has been a great mistake, never helped in a cure, but only tended to paralyze the brain and nerve centres. These sedatives, in course of time, if repeatedly

used, will produce idiocy and the different forms of paralysis. Sometimes vaccination is responsible for epilepsy.

**Find the Cause**

Some maintain that epilepsy is caused by sudden grief, deformity in certain bones of the skull, causing pressure on certain nerve centres, or an affection of the spinal marrow, or worms in the stomach, or fits of passion.

You see, we must get down to fundamental causes before we can suggest methods of prevention and cure.

In some cases, there may be pressure on certain nerve centres, through injury to the skull, perhaps through the child, at birth, being delivered by instruments. But generally there are other causes.

In almost every attack of epilepsy, it is found that the sufferer has been constipated.

The embargo on the lower intestine causes the retention of foul fecal matter, which presently gives off poisonous gases, and the virulence of those poisons is always greater when they emanate from the residues of meat or other high protein foods.

With continued constipation, these putrefactive residues bring about corruption of the blood-stream. Mucoid, gluey residues, floating in the blood, gradually adhere to the inner lining of the blood vessels, interfere with normal circulation, and serious disturbance of nerve supply also follows.

**Nerves Jolted**

With such conditions established, let there be added some acute emotional disturbance, or

let the vitality be lowered by self-abuse, or venery, sexual intemperance, or the nervous system be weakened and partly paralyzed by nicotine, or let there be gluttony and an extra indulgence in highly stimulating food, or if the sufferer goes on an alcoholic spree, then the nervous system gets a great jolt and is thrown out of control. A violent paroxysm suddenly makes the body rigid and the sufferer becomes insensible—an epileptic attack.

One medical observer says that "Epilepsy seldom occurs in persons whose digestive, assimilating and circulating organs perform their functions regularly."

Of course not. But what generally prevents regular functioning?

A deficient mineral supply in our foods causes nerve depletion, nerve weakening. It interferes with muscular activity. There is a deficiency of material for the proper manufacture of the digestive juices and gland secretions. **Refined Food Bad**

The refining of foods frequently removes the cellulose, so necessary for regular peristalsis of the bowels.

The use of such denatured foods as meats, white flour, refined sugar, degerminated cereals, and the further use of coffee, tea, salt, pepper, mustard, vinegar, and fried foods, bring about such a very decided and harmful, acid condition of the system, that the rhythm of the nervous system is disturbed, the system is generally unbalanced, and some extra excitement brings about a temporary loss of function.

What is the best thing to do during an attack? Place the sufferer in a comfortable position, elevating the head slightly. A good osteopath or chiropractor would give inhibitory treatment over the upper cervical vertebrae and at the base of the skull, and a rectal dilator may be applied.

Let there be plenty of fresh air. Push the lower jaw forward, so that the lower row of teeth projects over the upper. Put a piece of rubber tubing or a folded handkerchief, or other material between the teeth to prevent biting of the tongue.

Don't attempt to give any stimulant or even water during the paroxysm. Just let the patient rest until all effects have worn off. Don't attempt to open the hands or wrestle with the sufferer.

**Sound Treatment**

Later we have to consider a thorough internal cleansing of the body; correction of the habits and the food.

Keep the colon thoroughly cleansed by a series of enemas. Put the juice of a lemon in two quarts of water for each application.

A warm bath taken after the enema will assist in throwing morbid matter out of the system by the perspiration which will be induced. Do this just before bedtime.

Then, nothing but a fresh fruit diet for one week. At each meal take all the fruit the appetite calls for. Four oranges or a pound of grapes or any other fresh fruit in season. Eat acid fruits, when they are ripe, but keep away from acid-forming foods.

To the surprise of many, the citrus fruits are not acid-forming when eaten alone. They have an alkaline base, and will help to preserve the normal alkalinity of the blood. They are great tissue-cleansers. The epileptic would do well to take the juice of a lemon in a glass of water every morning on arising and last thing at night.

Vegetable salads will also prove most helpful. Always have a large plateful every day.

Fresh green vegetables steamed, a good meal of steamed onions, or baked beets, baked squash or baked potatoes will be agreeable.

Take half a dozen prunes or half a dozen black mission figs, soaked, every night.

Nuts can be used with either fruits or vegetable salads, and constitute one's best supply of protein.

Aim that every food eaten is a whole food, not emasculated, not denatured, not demineralized, but used just as the Creator gave it to us. Then our systems will be better nourished, and our aches and pains will vanish.

#### LUMBAGO

By J. Milton, N. D., D. O.,  
M. N. A. M. H.

Rheumatic pains in the lumbar region are generally associated with advancing years. It is exceptional when young people suffer with it. This definitely goes to prove that it is the result of accumulations and poisons over a number of years. The pains are periodical with weeks of absolute freedom from distress. Each subsequent attack, however, becomes a little worse. Generally it is accepted as one of those inevitable

complaints and treated by the ordinary doctor from the same viewpoint. Cure seems an unknown word. Many accept it as heredity and because "both mother and father had it,"—I suppose I shall have to put up with it too, "attitude."

If it is once firmly realized that it is a trouble brought on by one's own self then the cure is half achieved. That it is an "acid" condition brought on by wrong combinations of foods or poor digestion of foods is a fact that cannot be disputed. It may be true that the parents did hand down the tendency for such complaints. In such a case it is more urgent than ever that the sufferer should take no risks with wrong feeding, but watch their step more carefully than the more robust neighbour.

It is also true that worry, shock and nerve racking conditions will prevent the digestion of foods and so set up acid conditions. Here again then it is important that any such trouble must be faced and defeated on purpose to clear the back of those unpleasant pains.

Some imagine that getting wet through will CAUSE lumbago. Whilst it may be a contributing factor in bringing on an attack, it cannot CAUSE the trouble. The CAUSE definitely lies in the bloodstream and in the body generally.

After all the books that have been written about foods and in particular about fresh fruits, it is remarkable the number of people who still think that acid fruits CREATE ACIDS. This is one more ERROR formulated by the

orthodox medical profession over a number of years and still preached by many of them today.

The foods that cause acids are chiefly meats, fish, cheese, bread, starches such as cereals, white flour products, cakes and sweets. With these foods as a rule is also developed a false appetite when more food is eaten than can be dealt with properly. For instance, a person with a normal appetite may be able to eat three slices of bread and butter which can be assumed as being sufficient for the requirements of the body at that particular meal. If, however, a little meat is added then probably four slices will be consumed. Should a preserve be further added then a possible further slice will be eaten. So the body will be carrying two slices of bread superfluous to necessity, which will have to go through the whole process of digestion. This means the extra working of muscles, nerves, juices and every part of the digesting tract with its dependency on the lungs for oxygen, etc.; on all the means of elimination, and the call upon all the repairing properties in the body. This entirely to the detriment of the individual, who is lessened in health and efficiency by just that amount of energy entailed in dealing with the unneeded slices of extra bread.

Now if this kind of thing goes on every day of the year with an extra intake each Sunday and very extra on annual and other holidays, then acid formations soon begin to make their presence felt.

To CURE lumbago, it is perfectly obvious that the system

must be brought to a more Natural state. In other words, the body requires a little time to clean itself. Should treatment be started while an attack is in progress then the best thing to do is as follows:

First have an enema twice a day of warm water. Have a HOT NETTLE bath. This is prepared by putting a handful of fresh nettles into a muslin bag. Scald them and allow to stand in a covered vessel for at least two hours. Twelve hours is better. Then fill the bath with hot water and add the liquor from the scalded nettles. Sponge down with the bag of herbs. Stay in about a quarter of an hour. Take a drink of fresh scalded lemon whilst in the bath. Before getting out run cold water into the bath until it is as cold as can be comfortably borne. Get a gentle rub down and go straight to bed. Have nothing to eat for the next three days. Only lemon or orange juice or water should be drunk during those three days. A bath and enema should be taken each of the other two days.

The next three days fresh fruits can be taken but only water or fruit juice and water should be taken in the way of drink.

Afterwards Breakfast should consist of fresh fruits and a half pint of fresh milk.

Mid-day meal of steamed greens and vegetables, followed by a few dates.

Evening meal should be a large green salad, followed by whole-meal bread and butter.

After a week on this a little chicken, lamb, steamed fish or a poached egg can be added to the

cooked meal. Vegetarians will of course take nuts in place of the dead bodies.

No medicine or herbs should be taken during the period of the fruit juices and fruits regime, but when the fuller diet of vegetables and salads are taken the following herbs will help:

Mugwort, Ragwort, Manaca, of each half an ounce, and of Buchu and Wild Yam a quarter ounce of each.

Soak overnight in three pints of cold water. Bring to a boil and simmer down to two pints. Strain and bottle, and take a wineglassful three times daily.

To those who in the past have suffered attacks of Lumbago and wish to prevent a recurrence the above routine should be followed with the exception that there will be no need for going to bed for a few days.

#### SEX HORMONES FROM BEES MAY AFFECT VERTEBRATES

New evidence that biologically "we are all members one of another" comes out of the beehive. What seems to be a female sex hormone, or gland secretion that powerfully influences the development of the reproductive capacity, produced by worker bees, has been shown capable of effects in animals so remote from the bee world as rats, and therefore presumably on other mammals as well.

The evidence is reported by Dr. Henry L. Heyl of The Children's Hospital, Boston. He found that a chemically prepared extract of royal jelly, the special food given only to bee larvæ des-

tined to become queens, when injected into the bodies of immature female rats caused a precocious development of the tissues of their ovaries directly surrounding the egg cells.

Royal jelly is a most peculiar stuff. It is secreted in glands in the mouth of the worker bee. Fed to female bee larvæ in a still-undifferentiated state, it causes them to mature rapidly and become full-fledged females or queens, with functional reproductive glands. The other female larvæ, comprising the vast majority of the brood, receive royal jelly for only the first three days and develop into workers, which are female insects with undeveloped ovaries and under ordinary circumstances incapable of producing eggs.

Although the royal jelly confers upon the queen bee the power to become the mother of the hive, it does not seem to carry with it the gift of the so-called maternal instinct. Says Dr. Heyl, "The worker exhibits many maternal instincts, the queen none." These insect spinsters not only serve as nurses for the offspring of their larger, fruitful sister; they even produce the wonder-food that makes queens of some of her daughters, though they receive no benefit of it themselves.

This apparent production by bees of a hormone that can influence the development of mammals and other vertebrates is a new piece in a modern biological puzzle that becomes increasingly complex. Female animals produce male hormones, and animal hormones characteristic of

both sexes have been found in plants, even in some of the lowest forms. Physiologists still have a lot of explaining to do.

From "Science News Letter."

#### HERBAL REMEDIES

By Eustace Richard Mattinson,  
N. D., O. D.

"A remedy for every disease is to be found among the herbs of our own clime." — Raphael.

#### Herbs — One of Nature's Remedies

Man's food and medicine grow side by side in the same field. The object of food and medicine is one, namely, to restore the wasted energies of life, to build them up when prostrated, as the food which is most calculated to accomplish this, is the most simple and in harmony with the laws of health, and the most artificial diet is the least calculated to sustain life, so also, the medicine which is the best adapted to restore health is that which is the most simple and wholesome.

The following herbs, which are nature's remedy, will be found to correct the following Twentieth Century evils:

1. NERVES: Blue Vervain and Nerve Root.
2. NEURITIS: Black Cohosh and Rocky Mountain Grape Root.
3. CONGESTED LIVER: Liver Wort and Licorice Root.
4. IMPURE BLOOD: Burdock and Sarsaparilla and Kansas Sun Flower Root.
5. GAS AND BLOATED STOMACH: Gentian Root and Licorice Root.
6. KIDNEYS AND BLADDER: Kidney Wort and Marshmallow Root.
7. CONGESTION AND IRRI-

TATION OF THE LUNGS; COUGHS AND BRONCHIAL TUBES: Coltsfoot Leaves and Hoarhound.

9. WHOOPING COUGH: A sure relief — take Garlic and fry in Bacon Grease. Rub the neck and breast, then cover them with flannel.

#### A Word More About Herbs

Herbs have been used for healing the sick from the earliest ages by rich and poor alike. The vegetable kingdom has always furnished food for the lower and higher orders of creation whilst the most learned philosophers and physicians acknowledge the true value of herbs as medicine.

What madness it is to seek for wholesome food to retain and maintain health and when our constitution is out of order to run to poisonous, unfriendly mineral medicines to restore it! That the vegetable kingdom furnishes an abundance of simple and harmless remedies to cure disease, operating in harmony with the laws of nature, without any more mystery than that food satisfies hunger, is evident. The health of the rural tribes is due to their using no other medicine than the herbs that grow so plentifully along the lanes and in the fields in every country—from the simplest and tiniest herbs to the largest shrubs and trees. Nature has wonderfully provided all these numberless herbs and plants for the use of man that he may successfully treat every disease known. It is our duty to acquaint ourselves with each one and make the best use of them by applying them to the sick and suffering and thus assist nature

in its healing art and power.

God's herbal laboratories are in the fields, the lanes, the gardens, the sea, the air, the trees, the flowers.

From "Health From Herbs Magazine," England.

### WHY NOT TRY HONEY

#### Striking Facts About One of the Most Valuable of Natural Sweets

By Mary Christian

"My son, eat thou honey, because it is good." We are told this in the Bible, and the commendation is worth taking to heart.

Honey is bottled sunshine and one of the purest and most natural foods to be had. Man may attempt to manufacture honey, but he cannot produce the real thing. Artificial honey has not the peculiarities and virtues of pure honey, which is practically imperishable. There is some honey in the British Museum which is thousands of years old.

Before we had sugar-cane from the tropics honey was the only sweetening agent used. In 55 B.C. the Romans ate it in England; the ancients of all countries ate it, and it was used as a sweetmeat and remedy for various ailments.

Would-be purchasers of pure bees' honey should always make sure they are getting the real thing. They should not be put off with man-made honey.

The medical profession is telling old and young to eat more honey, and points out several little-known facts which are very impressive. For example, honey to the weight of one pound has the same calorific value as thirty

eggs; twelve pounds of apples; six pints of milk; eight pounds of plums; or twenty pounds of carrots.

Its energy value is greater than eggs, bread, milk, vegetables, or meat; its carbohydrates are supplied in an easily assimilated form which makes it ideal for invalids. There is a reason for this. First the nectar of flowers is collected by the bees and converted by a salivary process through their digestive system; this pre-digestion makes it assimilable by the most delicate stomach.

Honey has many different flavours and colours. Usually dark honey is the stronger. These colourings and flavours are produced by the different nectar secured by the bees from various species of flowers. For instance, holly honey is almost black. Tree honey has a flavour which does not suit everyone. Bees which have sampled nectar from chestnut and sycamore produce tree honey of a "different" flavour. Flavours are as diverse as the flowers the busy bees visit, and all kinds of honey have their different virtues. The fact is, honey of each kind has within it the flavour and scent of the flowers visited by the bees and perhaps the medicinal properties of the plants also.

One of the most delicious of honeys is lime blossom honey. It is excellent on bread and butter. Honey is said to induce deep healthful sleep. The richest honey is a blend of lime and sainfoin.

Write Indiana Botanic Gardens, Hammond, Ind. for free Almanac.

### LOVAGE FOR THE GRIP

"That's a bad cold you've got," said a benevolent-looking old gentleman to a young fellow he had met casually.

"Worst I ever had," answered the young man.

"Try a pinch of this," urged the other, fishing in his vest pocket for a little box. There was a fine powder in it, and he offered it invitingly. "It is no 'kill-or-cure' thing. See how it goes."

The young man snuffed a tiny pinch up his nose. In five minutes he felt relieved. "That's wonderful," he said. "If you've got a monopoly of that it's the same as a fortune to you."

The old man smiled indulgently. "This is one of the commonest of herbs," said he. "It is so cheap that it can be bought by the ton if you want that much. It cured me of the grip, and I believe it is the best thing going."

"What do you call it?"

"German lovage. For 25 cents you can get a box of it powdered, large enough to cure a whole family of grip. It is so common that its value has been overlooked. You try it and tell all your friends. German lovage is a sure cure for the grip, used as a snuff."

From "New York Times."

### SUGAR DIABETES

How many realize that sugar diabetes has increased with the freer use of suppressive drugs? This does not mean that drugs are the cause of diabetes but that the free use of aspirin and other "Pain Killers" have silenced Nature's warning.

It is generally supposed that sugar diabetes is the break-down or malfunction of the pancreas; that this organ does not now deal with sugar through its insulin secretion but allows the sugar to circulate freely in the blood-stream. Further it is regarded as very wonderful that insulin derived from some animal can "cure" this condition. Actually the medical profession do not state that it is a cure but, more often than that, allow the sufferer to believe it is the "only way" to deal with sugar diabetes.

There is no doubt that the pancreas breaks down and fails to work properly when sugar diabetes is present. That breaking down of the functioning of an organ has, however, to be explained. What caused it to break down? What causes any other organ to break down? It is due entirely to the general system being so harassed that it can no longer do its duty.

What causes the pancreas or liver or heart or lungs or kidneys to break down in the individual it is difficult to say. Possibly hereditary tendencies, environment or damage to the spine. But the CAUSE of this general intoxication is due to wrong combination of foods such as white bread, confectionery, sugar, sauces; bad elimination through the skin, lungs, kidneys and bowels; and insufficient outdoor exercise. Foods spoiled through bad cooking more than play their part in this wrong method of living.

### Cleanse the System

Associated with this form of

living comes the acute ailments such as 'flu, measles, rheumatic and other fevers; all Nature's efforts to cleanse the system of accumulated toxins. Constipation, biliaryness, headaches, backaches and all the numerous minor troubles also show themselves with their pains and discomforts endeavouring in this way to teach the sufferer that there is something wrong with the general health.

It is at this stage that the above mentioned pain-killing drugs have helped to increase disease. The blind faith that the public have in the medical profession has led to them accepting the totally wrong theory of disease propounded by these gentlemen. The laity are not expected to know about the wonderful working of Nature as far as the body in health and disease is concerned. Whilst patent medicine vendors pay such fabulous sums in advertising their drugs then the press is not free or open to anybody attempting to expose the fallacy of suppressive treatment. Doctor's dope and patent medicines emanate from the same source; they are a commercial proposition.

The general public know that many of the things given by the doctor can be obtained at the corner shop and so items like aspirin become the first thing they fly to in cases of headache, colds, neuralgia, etc. This is the point where the vital error is made. If Nature's warning had been heeded the headache or whatever the symptom may be, would have pointed to a deranged stomach, constipation or impure blood-

stream. Had then the original trouble been corrected by Natural methods the later chronic condition of disease would not have ensued.

Constipation, dry skin, boils and the sweet smell of the urine are all indications of sugar whilst in the more advanced stages cataract of the eyes is also present.

**Diabetes IS curable and the cure lies with the sufferer. If, however, insulin has been taken, self-treatment should not be attempted, but a qualified practitioner consulted.**

#### Treatment

For three or four days, only Grape Fruit Juice and aired water should be taken. The body should be sponged down night and morning with tepid water and followed by a brisk rub down. Each night an enema should be taken in the kneeling position. This should be about a quart of water at body heat.

If the urine is tested after this, sugar will seldom be found. It does not mean that the difficulty is over but it is encouraging to know that it can be successfully prevented by so simple a way.

After this for the next two weeks the diet should consist of fresh fruits only. Any kind of fresh fruits are permissible except bananas.

Water only must be taken for drink during this time. At about the tenth day a glass of fresh milk can be taken after the morning and evening meal. During the time when the meals consist of fruits only, the enema should be used on alternate days.

To the above diet can now be

added greens and vegetables with a little protein.

**Breakfast:** Fresh fruit and a glass of fresh milk.

**Lunch:** Should consist of raw salad.

**Evening Meal:** Conservatively cooked greens and vegetables with a lightly poached egg, a little steamed fish or a lamb chop.

After a week of this diet a little crisp bread may be added to the salad meal.

During the time when solids are being taken, i. e., after the three or four days of fruit juices, a wineglassful of a decoction made from the following should be taken. Jambul Seed, Comfrey Root, Vinca Major or Vinca Rosa and Russian Knot Grass; of each half an ounce. These should be steeped in two pints of water, then simmered for half an hour.

All sufferers should indulge in a brisk walk once or twice a day and indulge in deep breathing while doing so. There is no exercise which is so beneficial as walking.

The whole of the treatment should be repeated after four weeks on the full diet.

Worry is the worst of enemies and will undermine the digestive system of the mightiest giant. So avoid worry and all those circumstances that are likely to "fray" the nerves. Be assured also that this is no indefinite promise. Sugar diabetes is curable but the cure rests with the patient. Follow this regime faithfully and you will get the result.

#### IS THIS YOUR IDEA?

Most people are perfectly content to know nothing whatsoever

about their own bodies or about health.

They feel secure as long as they enjoy health and they wait until they become real sick before they begin to do something. Then they frantically go to a doctor, druggist or some friend and try to obtain a remedy of some sort that would have it all fixed up in a hurry.

The most important point that they overlook is that chronic diseases are a slow, insidious process which, as a rule, take years to develop.

So, one fine day they develop a symptom and they know they have a disease and that is their first news of the matter. They do not realize that the disease took years to develop and that all that time they were symptom-free, some part of their body was decaying, rotting, or becoming changed in some fashion within their body.

All this they did not know. However, they get their disease, and they run to the doctor or druggist or send for some medicines and expect to pay a few dollars and get over the ailment within a very short time, without changing their habits one bit, by simply swallowing something out of a bottle, taking a pill, or drinking a medicinal tea.

This is all very lovely and there is only one fault with the whole thing and that fault is that there is no such thing.

One cannot take a small amount of medicine and get over a chronic disease in six weeks any more than one can cheat, and lie, and steal the whole of his life, drop a couple of dollars in

the collection box in the church on Sunday and expect to go to Heaven.

### GASTRIC AND DUODENAL ULCERS

#### CURED BY NATURAL TREATMENT

By J. Milton, N. D., D. O.,  
M. N. A. M. H.

The difference in these two complaints lies in the position. The first is an ulcer in the stomach, whilst the second is ulceration of the duodenum, the duodenum being the first part of the small intestine.

Symptoms of both are very similar, chiefly intense pain, vomiting and occasional haemorrhage. The pains usually occur about half an hour to a couple of hours after meals. In gastric ulcers these are manifest in the stomach area, while those of duodenal ulcers are more to the right and just above the navel.

The cause of both is the same—wrong feeding. A quite usual diet is something like the following: breakfast of tea or coffee, bacon and eggs, white bread, butter, toast, marmalade and often additions of highly seasoned sauces. This followed by mid-day meal of badly cooked greens or vegetables, lots of meat, puddings made of white flour or polished rice, probably followed by strong tea or coffee or a glass of beer. Again there will have been used a lot of condiments to season, and perhaps soda to keep the greens "green." The evening meal will be of some such indigestible food as boiled ham with

lots of white bread and butter, or fried fish, or some "tasty" dish which apart from being a wrong food combination helps in making one eat more bread than the appetite would otherwise call for. This probably followed by tinned fruit and cakes and pastries. Before and after meals cigarettes will also be consumed. Before going to bed, more often than not, a heavy supper will be taken.

#### Causation

With all this food, apart from being denatured and badly spoiled by cooking, is there any wonder that digestive disturbances occur and that ulcers develop? When it is further taken into consideration and fully realized that all the body requires is a daily supply of fresh fruit, fresh greens and vegetables, a few nuts, or an egg, or a little piece of meat or fish, it is a wonder break-downs do not occur much earlier and Nature exact a bigger toll.

The digestion of starch foods begins in the mouth. The more the food is chewed, the more thoroughly will the salivary juices do their job. Quick eating of mixed foods hampers digestion. The bad habit of drinking with meals and swilling the food down absolutely prevents the salivary juices mixing with the starch foods and converting such foods for assimilation. The gastric juices in the stomach do not act upon starch and fats, so it is positively wrong to send such foods into the stomach before their digestion has been started, soaked in strong tea, coffee or even water.

Gastric juices act upon proteins, i.e., nuts, eggs, fish, meats, cheese, etc. When a lot of stodgy, demineralized, starchy foods such as white bread, puddings, pastries, boiled and fried potatoes are in the stomach as a messy, undigested state, they have to await the digestion of the proteins before they can continue their journey along the intestines, where their final digestion takes place. When such a mass is in the stomach, and particularly where sedentary workers are concerned, souring and fermentation are bound to take place. The acids formed by this fermentation have a most injurious effect upon the lining of the stomach.

#### Suppressive Methods Useless

To overcome this acidity the practice is to take alkaline powders. Whilst these neutralize the acid formation they also prevent the acid action of the gastric juices. This of course prevents digestion of proteins, and the whole vicious circle becomes well organized to kill the sufferer. Eventually the acidity set up by fermentation eats its way through the protective surface layer of the stomach and ulceration is established.

Suppressive treatment by the alkaline powders and medicine at last comes to a point where it is useless. The continuous taking of powders and wrong feeding brings constipation in its wake. To relieve this, aperients or purgatives, have to be continually taken. Liquid paraffin seems to be the favourite at present. This is terrible stuff, leaving a mineral deposit in the bowel and in its turn prevents the foods which

have been prepared to nourish the body, from being absorbed and distributed.

Eventually comes the severest of attacks, probably with a haemorrhage. Surgical treatment generally follows. The cutting out of an ulcer, however, is not curative. It simply removes a symptom whilst the cause is still left. Further spells of wrong feeding are followed by other stomach troubles and life is shortened.

#### Treatment

What, then, is the corrective treatment on Natural lines?

First, the stomach and intestines have to be unloaded of the accumulation and bad effects of "alkaline powders," etc. The only way to do this is complete abstinence from food and all fluids except water or fresh fruit juice and water. Water only is to be preferred. In self-treatment at home three to six days can be done, but certainly not less than three days. During this period the bowel should be cleansed by means of an enema with at least a quart of water at body heat each night. This should be taken in a kneeling position with the head touching the floor. Night and morning the body should be rubbed down with a dry towel. Every third day a luke-warm bath should be taken.

Next, for a period of three to six days, the diet should be of fresh fruits, with water only to drink. During this period the enema should be used each evening.

The next three weeks or so the diet should be of fresh fruits and milk, i.e., meals of fresh fruits, followed by about a half-pint of

fresh milk. The quantity of milk should be increased each day until four to six pints of milk a day are being consumed. From then onwards the meals should be as follows:—

**Breakfast:** Oranges, lemons or grapefruit, half-pint fresh milk.

**Mid-day:** Steamed greens and vegetables, a few nuts, or yolk of lightly poached egg, or a little steamed fish or a little lamb. An apple (either roasted or raw) or grapes or pears.

**Evening:** Raw green salad, wholemeal bread, or crispbread, butter, dates, prunes, figs or raisins.

No salt should be used in cooking or taken with the foods. A salad dressing of olive oil and lemon juice can be used if desired. Mid-day and evening meals can be interchanged for convenience, but only in their entirety, i. e., take the whole of the meal set down for mid-day in the evening and vice versa. Do not take some of the things from the evening meal and add them to the mid-day meal, nor items from the mid-day meal and add them to the evening meal.

#### Herbs

By way of Herbs the following can be taken after the period of treatment when water alone is taken:—

Sanicle, Slippery Elm cut bark, Butternut, Black Root, of each half an ounce. Soak in cold water for a couple of hours. Bring to a boil and allow to simmer for twenty minutes. Strain and take a wineglassful four times a day.

In a case of haemorrhage a piece of cotton material wrung out in cold water should be put

round the trunk, i. e., below the arms as far down as the hips and covering back and front. This should be covered with about two or three thicknesses of blanket or woollen material and the patient placed in a recumbent position. Sips of cold water and lemon juice should be taken at frequent intervals. Quiet is essential.

Many people say that they cannot take fresh fruits. Usually this is because they have never tried them as a meal, but have generally taken them after a meal or between meals. Taken as prescribed above it will be found that most stomachs will accept them.

It should be unnecessary to add that smoking during the fast and fruit meals should be strictly forbidden, and as a matter of fact a sufferer from any form of gastric trouble is better without any tobacco.

This form of treatment never fails to cure.

#### THEELIN

#### To Speed Knitting of Broken Bones

Knitting of broken bones, especially in elderly women, may be speeded by treatment with the female sex hormone, theelin, Dr. G. A. Pollock, of the Mayo Foundation, declares as a result of studies of the effects of theelin on broken bones in laboratory animals.

Women over 60 years of age get so-called "broken hips" with "striking" frequency, Dr. Pollock points out. The condition, although popularly known as a "broken hip," is actually not a

break of the hip but of the neck of the thigh bone near where it is joined to the hip. A change in the bones of older women suggested a relation to the cessation of ovarian function in women past 50 years. Several other scientists, Dr. Pollock found, had also noted a relation between female sex hormones and bone formation.

From "Science Service."

#### MEDICINE'S EARLY START

IN NORTH AMERICA

By Logan Clendening, M. D.

I have been on a sightseeing trip in Mexico. All my sightseeing jaunts include observations on the medical life of a country—past and present—and I found a great deal of material in Mexico.

In Mexico City is the oldest hospital on the North American continent—the Hospital of Jesus of Nazareth. It was founded by Cortez, the conqueror of Mexico, in 1524. Built on the site of the meeting of Montezuma and Cortez, it has served both the native Indian population and the Spanish settlers alike since the day of its origin, over 400 years ago.

The institution was first called the Hospital of Our Lady of the Conception, from the church of which it was a part. The church is still standing alongside the hospital. The ashes of Cortez once reposed in this church. Cortez directed in his Last Will and Testament that the hospital and church should be finished at his cost. The hospital has been maintained by Cortez descendants to this day.

#### Spanish Colonial Design

The interior courts of the hospital are fine examples of Spanish Colonial architecture.

On a plaque on the wall at the bottom of the staircase the inscription states that two physicians, Don Juan de Correra and Don Andres Martinez, performed human anatomies (dissections for educational purposes) beginning in 1643, certainly the earliest medical instruction given in North America.

One might get the impression that the hospital today is a primitive structure, of interest only to the archeologist, but such is not the case. Although preserving the original building as much as possible, modern wings have been added, so that in all departments today it presents a thoroughly up-to-date appearance. The large well-lighted and well-equipped operating rooms and laboratories are the epitome of the latest advances in medical and surgical progress.

#### Contributed Herbs

In the early days of its existence the Mexican natives made contributions of healing herbs. Quinine for malaria was an American drug. Besides that the Indians prepared and knew the uses of cascara sagrada. Chenopodium (used today for intestinal parasites), Peruvian balsam, sarsaparilla, Tolu and cannabis indica also were New World drugs. In the great garden of Montezuma there were to be found, according to Prescott, any herbs desired by physicians. There were remedies against bleeding, dysentery, parasites, skin and eye diseases—in fact, one or more plants for every disease.

Cortez was so impressed by the skill of the Aztec medicine men that after the battle of Otumba

he wrote his master, Charles V, that there was no use sending Spanish physicians to the New World. "There is a street set apart for the sale of herbs, where can be found every sort of root and medical herb grown in this country. There are houses like apothecary shops where prepared medicines are sold, as well as liquids, ointments and plasters."

A beautiful portrait of its founder, Hernando Cortez, hangs in the board room of the modern hospital.

From "Chicago Evening American."

## HOW TO CURE ASTHMA

**Herbal and Dietetic Advice**  
By J. Milton, N. D., D. O.,  
M. N. A. M. H.

There is probably no ordinary illness more distressing to watch than a patient in the throes of an asthmatical attack. The almost impossibility of a recovery is stressed by the blue-black appearance of lips and cheeks and the most difficult gaspings in the attempt to obtain air, to breathe. The helpless, pitiable look in the eyes of one of these sufferers probably excuses the medical profession for always treating the "attack" instead of going for the cause and so trying to prevent attacks.

All kinds of drugs have been used to bring relief and among them many derived from Herbs: Grindelia, Ipecacuhana, Ephedra chiefly as Ephedrine tablets, Lobelia and several others have been used; but not in the way or composition that Herbalists use them.

Whilst it is imperative that relief should be obtained as speedily as possible during an attack

such treatment tends to make the condition more "chronic" and attacks are likely to be more often and more difficult to ease.

The attacks of asthma or spasmodic dyspnoea are due to irritation of the vagus nerve. Powerful reflex respiratory impulses pass out to the bronchial muscles and diaphragm the spasms of which interfere with the entrance of air.

From this it is obvious that the aim in trying to achieve a cure is to prevent any irritation that will set up the cycle of an attack.

### The Beginning

There are cases of perfectly healthy persons who suddenly develop asthmatical attacks. These, however, can generally be traced to some accident that has disturbed a muscle, nerve or vertebra. This kind of case can only be put right by manipulative treatment. Where such a sudden development has taken place it would be advisable for the sufferer to consult a practitioner for a spinal and general physical examination.

The ordinary cases of asthma are invariably due to digestive troubles. It will generally be found that the sufferer is "clogged" up with acids and toxins. When some food comes along that can not be dealt with efficiently then the irritation referred to above occurs and the "attack" is on. There may be some who will say that the diet has been unaltered and yet an attack has come on. This may be perfectly true but it will be found on looking back a few days that there has been a contributory cause to the food not being dealt with correctly. For instance, taking a

meal when very tired will not allow of its digestion. Undue excitement will always interfere with the digestion. Eating when not hungry or taking a meal last thing at night are all things that an asthma patient should guard against.

As far as PREVENTATIVE and CURATIVE treatment is concerned this being chiefly dietetic will not appeal to most asthmatics. They generally like food and are usually fond of seasoned and sweet things. Smoking is definitely bad especially just before or just after a meal.

### Diet

The routine should be started by about THREE or FOUR days fast. This is quite easily accomplished whilst following the daily work. If at business start your fast by taking a last meal of salad on the Friday noon. After that do not have any other foods of any kind. All you require is WATER, either cold or warm OR if preferred ORANGE JUICE in water. NO milk, NO tea, NO smoking. Each night have an enema of water at body heat. This is essential as any accumulation of waste matter in the bowel would allow the POISONS to be re-absorbed. This would nullify the good effect of the fast. On the Monday or Tuesday noon take a meal of fresh fruit such as oranges or grape fruit still taking only water to drink. For the evening meal take a good mixed salad followed by a few soaked prunes or raisins or dates.

The meals for the next two or three weeks should be:

**Breakfast:** Fresh fruits such as

oranges, grape fruit, lemons.

**Mid-day:** Conservatively cooked greens and vegetables followed by a few almonds and apple or pear.

**Evening:** Salad, soaked prunes, dates or figs.

### Drink

Water or fresh fruit juice and water should be the only drinks. NO starch or cereals must be taken or again the result will be spoiled.

Should the bowels become obstinate an enema should be taken at the end of three days.

After a fortnight or three weeks on this diet a glass of raw milk can be taken after the fruit breakfast. A protein such as steamed fish, chicken, mutton or preferably nuts can be added to the cooked meal, whilst wholemeal bread and butter can follow the salad meal.

Because of the tannin contained in tea it cannot be recommended but a cup of Dandelion coffee without sugar or weak China tea can be taken early morning or about half an hour before the salad meal.

After a month on this full diet the whole routine should be followed again.

In addition to this, every night and morning the body should be given a good rub down with a dry towel. Twice a week a hot bath followed by a cold sponge down should be taken.

No salt must be taken with the foods nor used in cooking. A salad dressing of olive oil and lemon juice can be used if desired with the salad.

### Herbal Remedy

The following Herbs will help:

Garlic, Wild Plum, Ground Ivy and Vervain of each half an ounce. Cover with two pints of water and then simmer for twenty minutes. Strain and take a wineglassful three or four times daily, except when on the three or four days fast.

TO BRING RELIEF DURING AN ATTACK an enema of a quart of water at body heat should be given and where possible an emetic. In fact an enema will often abort an attack. Hot and cold packs applied alternately to the chest for three minutes each will help as also will gentle massage on both sides of the spine directly between the shoulder blades. This latter should be done very gently for about ten minutes each time and repeated in half an hour.

Lobelia, Garlic, Yerba Santa, Wild Plum, Grindelia, Euphorbia, Ground Ivy, Vervain, of each half an ounce, one dram of Cayenne all simmered for twenty minutes. A wineglassful of this should be followed by half doses, i.e., two tablespoonfuls every half hour. This will generally bring relief in about a couple of hours, after which doses of a wineglassful should be given every four hours. In some cases relief is often obtained by the addition of burning in the room, Stramonium leaves, Aniseed and amber resin in equal parts.

#### Complications

This treatment is for asthma without complications. Where chronic bronchitis exists the bronchial trouble must be dealt with also. Heart troubles are many times magnified out of all

sense of proportion and are not the cause but an effect of other bodily disturbances. In these short articles it is impossible to deal with the various complications but probably an article on heart troubles at a later date will help sufferers who have that double burden, asthma with heart trouble. To those who do not want to go to the trouble of preparing Herbs it might be added that any Herbalist will make these prescriptions up in their equivalent Fluid Extracts.

Finally it might be added that very few people die from asthma. The attacks probably become more frequent due to suppressive treatment. If the above routine is followed it will undoubtedly PREVENT such a CHRONIC condition growing; it is up to the sufferer.

A few months of controlling wrong appetites, a little rigid discipline in return for a better condition of health OR continuous attacks which not only make the sufferer's life a misery but also that of their immediate friends.

Outdoor exercise is also imperative and the best of all exercise is walking. Stretching the spine by raising the hands above the head and leaning as far back as possible will help. This must be followed by trying to touch the toes breathing out as you attempt this. Moving the trunk sideways from the hips will tend to strengthen the spine, the source of all nerve supply.

Deep breathing exercises should be undertaken two or three times a day in the open air. This is particularly good in conjunction with walking.

#### NEW TREATMENT OF HEMORRHAGE

Sacramento, Cal.—(INS) — A new synthetic form of vitamin K, valuable in surgical operations in reducing loss of blood, has been discovered by University of California scientists.

Vitamin K is an anti-hemorrhagic or blood-clotting factor found chiefly in alfalfa and other green plants. It is valuable in human hemorrhages in many diseases, like yellow jaundice.

Simultaneously with the announcement of the discovery by Mrs. H. J. Almquist and A. A. Close of the California university staff, the University of Copenhagen, Denmark, announced a similar discovery.

The two California scientists also announced they had found a simple and cheap chemical known as "2-methynaphthoquinone," which is four times as strong as vitamin K in its blood-clotting properties.

#### DISCOVER MEDICINAL VALUE OF FRESH PINE-APPLE JUICE

Fresh pineapple juice has a specific medicinal value, two University of Wisconsin scientists, Julius Berger and Conrado F. Asenjo, have discovered. It contains an enzyme, bromelin, which like other enzymes, such as ficin from the sap of the fig tree, is not poisonous to man but can destroy certain types of parasitic, disease-causing worms.

Reporting their experiments ("Science," Sept. 29) the Wisconsin investigators say that their results give a scientific basis for the use of fresh pineapple juice as an

anthelmintic or worm medicine. No directions for the use of this new remedy are given, but the test-tube experiments show that fresh juice must be used as heating destroys the anti-worm activity.

From "Science News Letter," subscription \$5.00 per year.

#### VIRTUES OF THE MUSTARD POULTICE

Is a mustard poultice of any real virtue or is it simply superstition?

Two Japanese investigators, Hiro and Yamanda, impressed with the fact that mustard packs and mustard poultices had considerable therapeutic value, tried to find out whether this was due simply to the sense of heat and blood congestion that occurred. They took rabbits and shaved patches of hair so as to expose the skin and applied concentrated mustard packs for five minutes duration. They found that the white blood cells were increased by this procedure.

It is known that the white blood cells have a favorable effect in combating infection. In short, the mustard poultice of our grandmothers is an effective agent for combating infection, not only because it creates comfort but because it also stimulates the forces of immunity.

#### TROPICAL MATERIA MEDICA

##### YOHIMBE BARK By J. Olley

The Yohimbe tree, known to botanists as the *Pansinystalia Yohimba*, yields the celebrated bark which is exported to Europe for

the extraction of the valuable alkaloids Yohimbine Hydrochloride (Corynine) and Yohimbinine (Corynanthine), etc.

This tree grows in the Southern Cameroons and French Moyen Congo. Another species, *trilhesii* Pierre, is also found in the same regions and is considered to contain Yohimbine.

Yohimbine is a very powerful aphrodisiac. The white powder extracted from the reddish-brown bark is employed in the forms Yohimbe Chlorhydrate and Yohimbine Hydrochloride. This is powerful, but considered as a comparatively safe drug which produces a very decided hyperæmia of the male organs of generation, in doses of 5 to 10 minimis of a one per cent. solution.

It is said to have no serious drawbacks or effect upon normal individuals. Its use is indicated principally in neurasthenic cases of impotence. A one per cent. solution causes anaesthesia of the cornea and may therefore be useful to ophthalmic surgeons. It is also useful as a local anaesthetic.

#### Dosage

The power to lower temperature to a remarkable degree is attributed to this drug. I have not yet found any reports of its use in fevers. It may be given in liquid drops, small pills, tablets or hypodermically. The French official dosage is one centigramme of the Chlorhydrate per diem in three doses. The dose given by Potter's "Cyclopaedia" is 5 to 15 minimis of the Fluid Extract; or one thirteenth of a grain in tablet form, thrice daily, increasing to three tablets. A preparation

known as Aphrodine is used in veterinary practice.

In this brief article on the famous tree of Africa, it is not my object to advertise its use indiscriminately as an aphrodisiac. We are all aware of the great importance to the individual, the family, society and Nation of a healthy physique and generative function. Also, alas! of much physical and nervous degeneration through abounding ignorance, sin and vice, apart from the modern conditions of life tending to multiform neurasthenic conditions among all ages and classes which, apart from hereditary and congenital weaknesses, are causing precocious desires and passions, debility, disease with impotency and senility.

#### Careful Diagnosis

Here one must sound the trumpet warning against quack medical treatments and sordid desires to gain through this form of human suffering so universal today. The general and indiscriminate use of aphrodisiacs as a rule can only do harm and the patient is left worse and in a more chronic condition of disease. This applies more especially perhaps to those paralytic cases consequent upon a life of vice and excess. Each case must therefore be subject to a careful diagnosis and investigation, and marked under the heads of:

1. Impotence through disease and debility.
2. Organic.
3. Psychic, or disease of the sympathetic.
4. Paralysis.

Yohimbe may be useful mainly in cases of the neurasthenic type

and those of a purely local functional origin which need some such stimulus. Such cases must be comparatively rare. In most cases such drugs as Yohimbe can only work decided harm. The treatment lies in other methods including a regulation of the mode of living, diet and exercises, and the inculcation of moral principles and activities for the mind and body by which the diseased mind may be given altogether new suggestions, hopes and associations. For victims of such sins and vice to look to God's Providence, in such trees as the Yohimbe, in order to recuperate forces for further orgies of debauch in the flames of passion is simply to court spiritual, moral and physical disaster.

Yohimbe no doubt has its place in the pharmacy for proper use under skilled administration. The same applies to its use in veterinary practice. One doubts, however, if such a drug should be used by breeders of stock for merely commercial purposes. All such powerful drugs and tonics can only have the same exhausting effects upon man and animals; as the soil is often exhausted by injudicious rotations and croppings and forced culture by application of chemical fertilisers. The result is to produce a devitaminised species of vegetable or fruit, as man may also devitalize himself and progeny by the same false principles of medication.

I have found so many valuable remedies from your "Almanac" that I want to give something in return. I don't know the name of

this plant (will you please tell me) but the root is wonderful for the toothache. Cut off a small piece of the root, peel off the bark and chew on the tooth if possible, but if too tender, lay on the aching tooth.

An Indian told me about this, and have tried it several times on different members of my family and it has never failed.

There are many of these plants on the prairie here so I gather them in the fall for winter use.

Wishing you the best of success, I am,

Mrs. H. W. Okreek, So. Dak.

Note: Specimen submitted was *Echinacea pallida*. We can supply the live plants at 25 cents each.

#### GERMINATED BARLEY YIELDS DIABETES REM- EDY LIKE INSULIN

A substance akin to insulin, which may prove useful not only in diabetes but also in helping to gain weight, has been obtained from germinated barley by two French scientists, Drs. E. Donard and H. Labbé of the Faculty of Medicine of Paris.

Insulinoide of germinated barley—I. G. B. for short—is the name Dr. Labbé gives the substance in his report. ("Canadian Medical Association Journal," Feb.)

Valuable as insulin is, Dr. Labbé points out, it has certain disadvantages and can only be used under the careful guidance of a physician. For this reason, almost as soon as insulin had been discovered scientists tried to find whether certain vegetable cells, like those of the animal pancreas, had the power to secrete sub-

stances with properties like those of insulin but which would at the same time be "less dangerous to apply and easier to manipulate."

One of the first to work on this problem was Prof. J. B. Collip of McGill University, Montreal, who discovered a "glucokinine hormone" in vegetable tissues. Other investigators tried the effects of various plant extracts, among them whortleberry tea and bean pod extract.

The barley insulinoide prepared by Drs. Donard and Labbé has been tried on animals and human patients by themselves and by colleagues at the Hospital Saint-Louis of Paris. In diabetes the preparation reduces the high sugar content of the blood and relieves other symptoms, Dr. Labbé reports. Its use, he states, seems to be absolutely justified for fattening cures for underweight people.

From "Science News Letter," Feb. 22, 1936.

Dear Calvert:

"EUTHANASIA," a nice word that, and the principle of it is one that I have always subscribed to until about a year ago. Now I think you are partly right and partly wrong in your espousal of the proposition. And thereby hangs my tale.

In June, 1937 I graduated from the Kirksville College of Osteopathy and Surgery, came home to find my mother in serious need of "medical" attention. Cancer was my diagnosis. Being just out of school, with very little actual experience, I was gravely concerned and anxious that mother

have the best services the city offered.

Accordingly she was taken to one of our best surgeons who confirmed my diagnosis and wanted to do a very radical operation, to which she refused to consent. The next treatment of "choice" was X-ray or radium. We then went to a specialist in the use of both treatments. Mother had up to this time been ambulant, but the X-ray treatments laid her low. She went to bed in July and was there from then on. Examinations from time to time revealed the progress of the cancerous process which seemed to be accelerated following these treatments. By November she was very low and a consultation was held on November 23rd, at which time it was agreed that she had about thirty days to live. If ever "euthanasia," a mercy killing, was indicated, here it was. All this time instead of starting to practice it was necessary for me to be right here at home all the time. Besides I did not at that time have a Nebraska license.

When the doctors walked out of here that morning with instructions to me to "keep her comfortable with opiates—that's all you can do," I felt such despair and helplessness, I knew not what to do. But my mother soon showed me by her own courage and desire to live, what to do. All the odds were against her, the case seemed beyond all hope, but together we went to work. Maybe it's because she is my mother, but if all doctors could get such co-

operation, their work would be much easier. The day that the medics gave her up, I changed her diet, started regular, general osteopathic treatments, and in addition I gave her three glasses of pure carrot juice every day. This was in November. By Christmas she was able to come to the table for dinner. From January First on, she had no form of medication whatever. From the middle of January on she has been out of doors every day regardless of the weather.

As spring came mother steadily gained in weight. (She had lost 45 pounds.) Her color improved and she has been entirely free from pain. In June we made a motor trip east. In September we drove to Chicago for a week. And now we have just returned from two months' travel by motor in California and the south west.

It may help you to understand the remarkableness of this case when you know that my mother will be 78 years old in April, 1939. Today she looks fine and is enjoying life, but I still see to it that she drinks her carrot juice every day, for that, more than anything else, I believe, deserves the credit for her recovery.

This has been a long recital for several reasons, although I tried to shorten it all I could. First, with cancer on the increase each year this case should be of interest to many. Second, I felt moved to ask you this question, Mr. Calvert—would "euthanasia" have been justified in this case in November, 1937? You see it is a

problem having very deep complications. We must be sure before we legislate on the subject.

From "The Open Road," Oct. 1939.

### FIND NEW USE FOR VITAMIN E

By The Associated Press  
Berkeley, Calif., Feb. 26.—Vitamin E, the fertility chemical, has shown "encouraging results" in restoring human muscles damaged by certain types of disease and has demonstrated its power to influence animal growth, the University of California's Institute of Experimental Biology reports.

Success against some forms of human sterility are in discard, but its power in that respect is difficult to prove, the institute said. It added, however, that it had been employed advantageously to prevent premature births in certain domestic animals.

Vitamin E is present in many vegetables, it is relatively plentiful in oil extracted from the germ of wheat. It also has been produced synthetically, and this fact, Dr. Evans said, has widened its range of experimentation by making the substance easier to obtain.

### NEURITIS AND ITS CURE

#### NATURAL METHODS BEST

By J. Milton, N. D., D. O.,  
M. N. A. M. H.

Neuritis is one of the very common complaints today. To many sufferers it appears to be most important to know whether that "awful continuous pain" is rheumatism or neuritis. What this discrimination actually means to the sufferer it is very difficult to imagine. Probably just one

more item of evidence of how the orthodox medicos pull the leg of the long suffering public. Actually the causes of both are the same, the conditions are the same, it is only the part that is different.

Neuritis, as its name implies, means inflammation of the nerve or nerves. The body fluids should be "alkaline"; any alteration in their constitution is going to cause trouble. Like rheumatism, neuritis is the result of the fluids being "acid." The continuous bathing of the nerves in an acid instead of an alkaline medium is therefore instrumental in setting up an irritation and inflammation of the nerves concerned. In other words, the direct cause of neuritis is acidosis.

It must be perfectly obvious that pain killing drugs, such as aspirins, are not going to cure. Neither is an investment in one of the many electric gadgets that are so widely advertised.

#### Acidosis

Acidosis is caused by wrong feeding, bad elimination with a probable lack of fresh air and healthy exercise as a contributing factor. Overwork, taking meals when tired, and worry, can all help to bring about this very common condition of acidosis.

To get busy with a cure it is essential to clean up the blood-stream and see that all eliminating organs are functioning in a first class manner. It is also necessary to appease the excruciating pain without having recourse to harmful drugs.

To cleanse the system, three or four days fast is the best method. During these days water only is best; or the juice of lemons or

oranges can be taken. The bowels should be cleansed each night with an injection of a quart of water at body heat. It is perhaps necessary here to say how easy this can be done nowadays. Many think that an enema is a two handed job and so refrain because they are too shy or bashful to ask their friends to assist them. This is unnecessary as with a gravity douche it is self administered in the lavatory, bed or bathroom. Further it is most important that this bowel washing should be undertaken when fasting. It not only helps to clear hardened faeces but also prevents re-absorption of the poisons and toxins.

#### Diet

The diet for the next three or four days should consist solely of fresh fruits. Any kind will do except bananas. Oranges and the acid fruits are best. Never mind what the orthodox profession as a body say about them "causing" acid. Do not drink anything but water, or fresh fruit juice and water, during this period.

Again it must be thoroughly understood that tinned fruits are not fresh fruits. Tinned fruits with their acid forming syrups are definitely harmful. In fact in undertaking self treatment on Natural lines there is no necessity to buy "special" foods. The human body is quite capable of cleansing itself if given the chance. All it needs are Natural foods.

The meals after the sixth or seventh day should be as follows:

**Breakfast:** Fresh fruit, fresh milk (not sterilized, pasteurized, or boiled).

**Mid-day Meal:** Fresh greens and vegetables, either steamed, cooked or casserole. Dried fruits such as dates, figs, prunes (the latter soaked for about 48 hours in cold water) or apples.

**Evening Meal:** Salads of lettuce, water cress, mustard and cress, grated raw carrots, whole-meal bread, butter.

The cooking should not be done in aluminum pans. Tea is not good but a cup of China tea will not hurt if taken in moderation. Dandelion coffee is possibly the best of the drinks. This should be taken without sugar.

Salt and soda must not be used in cooking nor should salt be taken with foods. Bible students often quote to prove that salt is a necessity. MINERAL salt is not only not necessary but it is harmful. It lies in the body in solution, hampers the blood-stream and so overworks the heart, kidneys, lungs and every organ of the human body. The SALTS OF LIFE are those contained in RAW Natural foods. The less greens and other foods are cooked the more Natural is the food and more pure and plentiful these necessary salts. Cooking destroys quite a lot of them and evaporation carries off quite a lot.

After about a fortnight on this diet, a protein selected from nuts, lightly poached egg, steamed fish, lamb or chicken can be added to the mid-day meal.

To ease the pain in neuritis, as in any other disease, seems to be the test of Natural healing. In comparing treatments it must be understood that Natural healing is CURATIVE and not palliative.

It is always helpful and never injurious.

#### Baths and Packs

Providing the heart is good, a hot bath followed by a cold sponge down is very helpful. A half ounce each of Mullein, Ragwort, Goutwort and Hops should first be scalded. Allow to stand an hour and then add the liquid to the bath.

If the pains are local such as, in the shoulder, arms or leg, hot packs of the same liquor should be applied. To do this a piece of cotton material should be wrung out and applied as hot as can be comfortably borne. Cover with three or four thicknesses of woollen. Repeat this about four times, allowing the packs to stay on about two minutes each. Then apply one soaked in the same kind of liquor, only cold. Leave this latter on about two to four hours.

Medication whilst helpful is secondary to diet and it will be little use taking medicine if the poisons by the way of wrong foods are still being consumed.

Mugwort, Ragwort, Vervain, Wild Yam of each half an ounce; cover with two pints of water and simmer for twenty minutes. Strain and take a wineglassful three times daily.

It is imperative that the form of full diet outlined above should be followed when all symptoms have disappeared. This is the only way of preventing recurrence.

Fresh air and healthy outdoor exercise such as walking are most helpful. A rub down night and morning with a dry rough towel is also beneficial. It helps to im-

prove the circulation and so to remove waste products and acids via the skin.

There are certain forms of neuritis which are caused by accidents. These can generally be traced to the date or period of the accident. In such cases manipulation is necessary and a Naturopath or Osteopath should be consulted.

### SEX HORMONE TREATMENTS REPLACING YOUTH OPERATION

A medical Ponce de Leon, famous for originating widely discussed rejuvenation operations, now looks to sex hormones as science's closest approach to a fountain of youth.

Dr. Eugen Steinach, in his "first statement to the lay public" about his work, a book, "Sex and Life" (Viking), indicates that there is greater hope in medical treatment with synthetic sex chemicals than the sex gland transplantation experiments that made him famous.

This new viewpoint, resulting from the advance of medicine, is in accord with American experience. The famous physician of Vienna and Zurich reviews the development of his medical attempts at restoring youthful vigor to men past the prime of life.

The famous Steinach operation itself consists in ligating or tying off the spermatic duct, thus interrupting procreative activity and thereby increasing all secondary sex characteristics.

Reversal of sex in animals was secured by Dr. Steinach through sex gland transplants. Success with this and other re-

searches led to the rejuvenation operation.

Dr. Steinach's emphasis on sex hormone treatment is in line with the work of American medical scientists, many of whom have been extremely critical of the results claimed for his operation. Sex hormone treatment is now being used by a number of American doctors with good results not so much in rejuvenation of elderly people, but in stimulation of normal sex gland activity when this has been lacking in young people.

For the future, Dr. Steinach says his work points to a prospect of "no land of eternal youth, but one of bearable old age in which within natural limits the optimum physiological conditions of life prevail."

From "Science News Letter," May 11, 1940.

### HYDRO-THERAPY

By Maurice D. Pitney, B. S., Ph. T., N. D.

Hydro-therapy or the use of water in the treatment of disease was re-discovered by the great Austrian peasant, Vincent Priessnitz, who "lived to write his name deep in water." He was the first to inaugurate the idea of drugless medicine on the continent of Europe through his famous water cure institution which he established in 1826, at Grafenberg, a small village in the Silesian mountains. Health seekers from all parts of the world came to Austria to be purified from their physical abnormalities by the ablutions of its sacred shrine. Royalty as well as the rich and the poor took long jour-

neys to Grafenberg to worship in this modern temple of health, and to become patients of the gifted Priessnitz. Great men of science, of unimpeachable standing came to Austria to learn from its famous son such practical applications of water as the wet sheet pack, the foot bath, the sitz bath, and the sedative bath.

Hydro-therapy thus rose to the scientific dignity which it now occupies in the field of physical medicine through the efforts of such men as Priessnitz, Kuhne, Just and others. Hydro-therapy today makes use of water in all its forms, namely: Solid (ice), liquid (hot or cold water) and gas (vapor baths). Water may be used either internally in the form of irrigations and douches, or externally in the form of baths, sprays, compresses, wet packs and sitz baths. We are all familiar with the application of ice in the treatment of acute appendicitis, or in some very painful and stubborn inflammation of the sciatic nerve. The use of the luke-warm bath for insomnia is a well known household remedy known to everyone.

The application of cold or warm water in acute fevers is praised even by medical men. The famous Dr. Clendenning states that "no drug in the world is so valuable as a stimulant to the heart, and as a tonic to the blood pressure as is the proper employment of hydro-therapy in acute fevers."

From "Journal of Drugless Physicians."

Write Indiana Botanic Gardens, Hammond, Ind. for free Almanac.

### GANGLION

A small reddish gray knot found generally on the wrist or some part of the nervous system of the hand. Usually the swelling is globular, when if enlarged is rendered irregular by the pressure of the tendons. They arise from twists, over-exertion or sprains. The treatment consists in rupturing the cyst and allowing the fluid to be absorbed by the cellular tissue. The best method of rupturing is either by compression with the thumb, or by striking the swelling sharply with, say, the back of a book. By applying a lotion of Fluid Extract of Witchhazel and bandaging the hand, the cyst will have disappeared completely within three days.

### HOW TO RELIEVE DROPSY

#### LET NATURE HELP By John Maxwell

The word dropsy, says the dictionary, is an unnatural collection of fluid in any part of the body.

In dropsy there is derangement of the kidneys. An overworked liver and underworked lungs force extra work on the kidneys.

"The muscular system and the liver are allies," says Dr. Tilden. "Exercise uses up energy (sugar), which the liver furnishes. If the muscular system be not worked, the liver becomes engorged with glucose, or the glucose is sent to the circulation to be excreted by the kidneys."

A sedentary life is accompanied by shallow breathing. If at each respiration only a small portion of the lung area is emptied, there is not a full elimination of carbon dioxide, a poisonous waste which

is always accumulating in the body.

A sedentary life also leads to a lazy skin, there is very little perspiration. The skin is dry and harsh. Very much of the waste material formed in the body should be eliminated through the skin, but when its pores are clogged or more or less inactive, that waste material has to find other outlets, and the kidneys are called upon to do more work than they were intended to accomplish; thus they become damaged, are no longer able to filter out all the waste material sent to them; some of that begins to clog other tissues, and some of the water which should pass off through the kidneys finds its way into other open spaces.

#### Danger of Salt

One of the most common causes of dropsy is the habit of salt eating.

Dr. John Harvey Kellogg says that an ounce of salt in the intestinal tract requires the presence of eight pounds of water to keep it in solution. The kidneys being unable to eliminate salt, the two million little filters in each kidney becoming more or less clogged by the salt crystals, it is pushed out into the tissues; and, of course, this salt must be held in solution by water. Thus we have a direct cause for the accumulation of water in the tissues, and for the rapid increase in weight when the kidneys cease to eliminate salt.

Salt, of course, is chlorid of sodium, and the system needs both chlorin and sodium, but in common table salt those elements

are in the crude inorganic form which the body cannot assimilate, cannot utilize.

Our minerals must come to us in the organic form, through plant life. Then they are salutary to the body, and are absolutely essential to health, to life itself. In most green leafy vegetables we have both chlorin and sodium; hence have no need for common table salt. It only proves an encumbrance in the body.

In many cases of dropsy there is serious heart trouble. Here again we can blame common table salt as one of the causes.

Salt, having such a great affinity for moisture, has to extract that moisture from the blood, when it has been customary to use much salt with meals. That tends to make the blood more viscous, thicker; therefore it is harder work for the heart to pump that more viscous blood through the arterial system. Over-work causes distress in that organ.

More salty perspiration will be thrown off by salt eaters than with those who abstain from it.

#### Take Less Protein

The heavy consumption of high protein foods—meat, fish, poultry, eggs, cheese—will not only throw much heavier work upon the kidneys, leading to dropsy; it also leads to the bloodstream being charged with gases from putrefactive residues retained in the colon and rectum. These gases, circulating in the blood, give off as sedimentary matter sticky mucus material which lines the arteries, and in time lessens the diameter of those arteries, thus

increases blood pressure, with disturbances and distress in the heart.

Dr. Kellogg says, "By careful observation it has been found that a marked retention of salt occurs, before dropsy or edema makes its appearance. Several cases which have come under the writer's observation are of interest in this connection. The urine of a patient suffering from diabetes in a moderate degree was found to contain no chlorid of sodium whatever, although the amount taken in the food must have amounted to at least one or two drams. Several examinations made within twenty-four hours showed not a trace of chlorid of sodium in the urine. This was the first indication that the patient's condition was serious. In another twenty-four hours the patient was dead, in spite of all that could be done to prevent a fatal termination. The failure of the kidneys to eliminate chlorid of sodium was evidence that these organs had ceased to do efficient work, and the rapid accumulation of poisons in the body resulted in the patient's death, the kidneys evidently being so far damaged that it was impossible to restore them to normal activity."

#### Fasting

Dr. Tilden says of Dropsy: "It is an easy thing to rid the system of dropsical effusion. Nature will attend to it more rapidly than can be done by artificial means. All that is necessary in such cases is to stop food entirely. Under this treatment elimination will increase daily; the rapidity of the absorption and excretion of the fluid increasing as

the length of time without food increases.

"I have had cases of patients passing eight ounces of urine in twenty-four hours, heavily charged with albumin and blood, who, after a fast of one week, would pass thirty-eight ounces of fluid by way of the kidneys; at the end of the second week, sixty-eight ounces; and at the end of the third week one hundred and seventeen ounces. That shows how rapidly nature works in ridding the system of accumulated dropsical effusion, when permitted to do the eliminating without being disturbed by an intake of food."

There has always been too much eating in troubles of this sort; gluttony, a fondness for high protein foods, often an excessive intake also of starchy foods, and the denatured starches are still more harmful. Liver and kidneys and the capillary circulation become more or less clogged. Isn't it reasonable that an abstention from food altogether for a while would give most relief to the system?

The effect of the gluttonizing has been further aggravated by the spices and condiments, the appetite ticklers, sometimes drinking and smoking, banquets and late hours. Many make the excuse that they must be sociable. By that they mean they love to eat. Their appetites control them, and they go along, trying to be gay, until in some acute way nature brings them to a standstill.

#### Nature Takes a Hand

Then so many start drugging; they look to the pill box or medicine bottle for relief, and they

look in vain. If they develop dropsy the doctor often taps them, and they fill up again rapidly. Effects only have been dealt with; the cause of trouble overlooked or misunderstood. It is difficult to teach them the need for breaking completely with old habits, to curb their appetites. But nature sometimes takes a hand, completely takes away desire for food, compels them to fast, and, if left alone, would then have a good chance for recovery; if nature were allowed to do her cleansing work unhampered, unmolested.

However, there is often another danger. Well-meaning but misguided friends often insist that the patient must be forced to eat, must be urged and urged to take nourishing food, to keep up his strength, and only too frequently he is fed and fed most waking hours; chicken broth, beef tea, lamb chops, custard or some other dish which it is considered embodies concentrated nourishment. In that way recovery is always retarded, if life is not actually jeopardized.

The whole body needs rest, must have rest if recovery is to be complete. Patient should go to bed. Rest there daily and fast. Take nothing but water, hot or cool as desired. Give an enema night and morning to remove any old fecal matter that is congesting the colon. For that purpose use the juice of a lemon in two quarts of lukewarm water. When this is evacuated a warm bath may be taken and the patient put back to bed. There is no danger in fasting if the fast is broken when appetite returns, and then

nothing but orange juice should be taken for two or three days. By that time nature should have drained the tissues of all surplus water, the kidneys will be relieved and bring away much waste material; the skin will function somewhat near normal.

## HOW TO CURE YOUR PETS

By Nora Weeks

The Herbal Remedies discovered by the late Dr. Edward Bach have proved so successful in the treatment of sick animals of all kinds that many people will be interested to know how they can cure their own pets and keep them well and healthy.

Animals and birds react to sickness and disease in the same manner as do human beings. They vary in their moods or states of mind when they are suffering pain and discomfort just as their master or mistress will when feeling out of sorts, therefore the same remedies will help them.

As their moods are even more apparent than those of human beings, they are easily detected and prescribed for, and it will be found that a beneficial response is gained in a very short time.

No knowledge of pathology, of the complaint or disease from which the animal is suffering, is required. All the prescriber needs to note is whether the animal is frightened or terrified, irritable and snappy, sleepy or exhausted, wants to be left alone or demands attention and so on, and then give it the remedy or remedies corresponding to those states of mind.

## The Dosage

As the medicine is tasteless, there is little difficulty in giving the doses, which can either be put into the drinking water, sprinkled over the food, or gently rubbed on the gums with a finger moistened with the remedy.

Doses are made up in exactly the same way as for human beings; one or two drops from the stock bottles of each of the required remedies into a bottle of fresh water; no brandy need be added as a preservative for most animals object to the taste.

Two or three drops of this in the drinking water or over the food as has been described should then be given.

Lotions of the required remedies are also made up in the same way, and are very beneficial in cases of skin and foot troubles, swelling, wounds and so on. The lotion should be gently dabbed over the affected area and allowed to dry.

Dogs, cats, pigs, cows, horses, birds are amongst the animals, large and small, which have been treated with these remedies.

## Coughs and Colds

A terrier bitch who was suffering from a severe cough and cold, when seen was in the last stages of exhaustion. She had great difficulty in breathing, was coughing badly, running at the eyes and nose, vomited at intervals, and was very emaciated, taking no interest in anything.

She was given: Rock Rose for the seriousness of her condition; Clematis for the lack of interest and semi-sleepy state; Mustard to rouse her and give her back the joy of life, and Crab Apple to

help her to free her chest of the congestion which caused the shallow breathing.

The medicine was gently rubbed on her gums at frequent intervals during the day, and she was also given a tablespoonful of olive oil to clear the bowels.

The next day she had so far improved that she was able to sit up, wag her tail and drink some warm milk. Although the coughing was less, the breathing was still quick and shallow.

She continued to improve and by the third day the cough had practically gone, and the breathing was much easier, but she would not eat and was still depressed, nervous and sleepy.

Gentian for the depression, Mimulus for the fear, and Clematis for the sleepiness was then given. The daily dose of olive oil was continued.

By the beginning of the next week she had recovered her appetite and spirits, but had not regained her full strength. A few doses of Hornbeam soon put her right.

## Worms

Dogs and cats suffering from worms are quickly relieved with the remedies indicated by their moods. For example: Agrimony for the restless ones, Impatiens and Holly for the irritable and snappy ones, Mimulus for the nervous frightened ones, or combinations of remedies if more than one mood is present. Crab Apple added to the medicine will help to cleanse them of the aggravation which continually worries them.

A dose of olive oil to which has been added a few drops of the

medicine will keep the bowels free, especially in cats who are apt to swallow their fur when cleaning themselves.

Calves suffering from ring-worm and diarrhoea have been cured with the herbal remedies when other forms of treatment have failed.

#### Nerves

When an animal is otherwise well there is often some trait such as uncertainty of temper, nervousness or fear which renders its life unhappy. This can be helped and removed if the animal is given the herb it requires.

An Alsatian who was so highly strung that he was terrified of everyone except his master and mistress, was given Rock Rose, Aspen and Mimulus for his fears, also Agrimony for his extreme restlessness. In a very short while he improved so greatly that he would follow his mistress into shops, allow friends to pat him and lie quietly when strangers came into the room.

Usually among a herd of cattle or a flock of sheep there are some animals who are frightened and lack self-confidence. They are bullied by the stronger ones and, in consequence, often do not get their proper amount of food. This occurs also with poultry. If they are treated with Mimulus for the fear, and Larch for their lack of confidence, the beneficial effect will soon be noticed.

#### MAKE USE OF THE NETTLE

#### A GOOD HERB FOR HOME USE

By Alan Moyle

About this time of the year

the Nettle comes rising out of the ground to make its impudent bow to the world. It is a much maligned and unappreciated plant—or should I say weed! But although it stings and has a disconcerting effect of appearing just where it should not, the humble Nettle still possesses its good points. And I for one think that some of the virtues and curative properties of the nettle should be made more freely known.

It may be a matter of surprise and amusement to you to learn that the common stinging Nettle—over which you probably have some not very nice thoughts when you see it pushing its unwanted way through the soil in your garden—can be utilized as a vegetable on your menu. The Nettle, when cooked, makes an excellent and tasty dish. And more especially does it make a good dish if you are careful to gather only the very young shoots. It is cooked in much the same way as spinach, but here is one way of doing it: To 3 lbs. of young Nettle shoots add 2 ozs. butter and 4 tablespoonfuls of milk or cream; cream is, of course, better. Gather and wash the tender shoots but should the stalks be too tough then cut them out with the aid of your scissors. Cook the Nettles only in the water that has been left over on the leaves and shoots from the washing process; being careful to put the pan of Nettles on a low gas jet or other form of heating. In the beginning it will be found necessary to stir the vegetable at frequent intervals to prevent burning. From 15 to 20 minutes will suffice for

cooking the Nettles. After cooking either chop or sieve this "spinach" and re-heat in the pan with the butter and milk or cream. This is real conservative cooking and it will be noticed that none of the valuable mineral salts contained in the Nettle is lost.

#### A Natural Plant

Nettles can be picked anywhere for nothing, so that is one way of combating the present rise in foodstuff prices.

And now for a few facts on the lowly, much abused member of the "weed" family. As the Nettle grows wild it is not impaired by some of the artificial manuring that is much applied these days, nor is it a "forced" agricultural product. The Nettle is essentially a natural plant. It is a container, among other things, of sulphur, magnesium and chlorine, all in their purest and unadulterated forms. These organic elements are essential to the maintenance of the body. The Nettle aids the process of eliminating poisonous substances from the body, it has a solvent action on uric acid, it helps to clear up and tone the nervous system as well. The Nettle works in many ways and is an invaluable adjunct to any diet or menu.

Kneipp, the famous European pioneer of naturopathy, was one of those who applied the Nettle in various forms. Nettle-tea concocted from the roots, was utilised by him in cases of catarrh, and also as a cleanser for the digestive tract and as an agent for eliminating through the kidneys. A tea made from the young

spring Nettle tops is an excellent blood-purifying aid.

#### Pleurisy

Nearer home we find that John Wesley, the famous preacher, was another of those who cultivated the use of the Nettle. It is asserted that he cured one woman of pleurisy by applying Nettle poultices to her side and giving her Nettle juice to drink. John Wesley, it is affirmed, was a great believer in the efficacy of the Nettle.

Young tender Nettle leaves can quite safely be put on a salad and taken raw (without any stinging), and this is done so in various Continental countries. The seeds of the Nettle made into a tea, in a similar manner to the leaves and roots, are stated to have the same effects as the former. Thus it will be seen that no part of the Nettle need be wasted, and, as the leaves and roots can be dried and then converted into a tea in their dried state, the Nettle need not be a remedial agent of the Spring season only.

#### OVARIAN TUMOURS

##### Treatment Without Operation

By R. Dootson, M. N. A. M. H.

First of all I would like you to get a clear idea of what ovaries are and their function. The ovaries are two glands about the size of an almond and are embedded between the broad flat fold of ligaments in the uterus. They lie in the fundus end of the uterus above the fallopian tubes. Their function, when in health, is to supply the female seed into the wall of the womb through the

oviduct and fallopian tubes. These glands are brought into activity at the commencement of puberty at about the age of fourteen or fifteen and usually carry on until about the age of forty-five. This stage is usually termed the menopause or change of life.

These organs are subject to many different forms of diseases and the one mentioned in this present article is very common in female complaints of the uterus. There are a great many causes from which ovarian tumours may arise. Anything which has a tendency to cause any kind of obstruction in the normal functioning of these two little bodies may certainly lead to the complaint referred to here.

For instance, faulty metabolism would certainly bring along blood impurities and from this stage the body would suffer through impoverished nutrimental chyle. The bloodstream would lack the normal standard of richness, and as all the glands of the body have to draw their nutriment from the arterial blood in order to maintain the normal standard of health, apart from the bloodstream and glands, the brain cells are unable to get the rich supply from the arterial blood, thus causing the nervous system in general to become impoverished. As every gland and organ is dependent on the functioning station, the brain cells and their great trail of nerves and fibres, the result would be that the poisons in the system would become abnormal and possibly from these poisons irritating substances would probably be the means of laying the foundation of tumours of the

ovaries. These poisonous cells would certainly develop and become dangerous and lead from irritation to ulceration, from ulceration to abscesses, from abscesses to tumours, commencing from the tiny poisonous cells until it is possible to become as large as a man's head.

Another cause may be the fundamental basis of constipated bowels. When these large bowels are not being evacuated in the normal daily manner, the poison is absorbed into the system and carried away may be through the venous circulation into the portal vein and therefore poisoning the whole system. Another way which this poisonous material may be carried, is through the lymph vessels and from these set up the irritation, ulceration, abscesses and even tumours. Tumours of the ovaries may also arise from dangerous instrumental forceps causing lesions or traumatism of these organs. Speaking of poisons to which females are subject, one is leucorrhœa. This is a poisonous substance from the wall of the womb, commencing with a white discharge at first and then turning a yellowish colour. It is thick and sticks to any garment to which it comes into contact. It is painful and has an odorous smell causing irritation and will develop into something worse if not attended to.

The womb may also suffer from the lack of some of the hormones through faulty functioning; therefore not receiving the combination of the processes of nutriment. The body in general depends upon the active vital nor-

mal forces of all these instruments giving up their normal supplies in order to keep up an equal equilibrium. Any of these forces lacking, would cause a complicated affair throughout the system in general. For instance, we are aware that the abdominal brain along with the pelvis has the functioning of the internal organs in general supported from the station of the medulla. As this link is perfect when normal, if it is severed a general disturbance is caused. The thyroid gland is a great hormone producer in health and the nutriment derived from this organ is supposed to impart to the system in general stimulation of great value, but in cases of growths of the ovaries or any other organs of the body it is a noticeable fact that the thyroid gland becomes atrophied. This seems to me to have some effect in the cause of ovarian tumours.

Tumours in the ovaries may be caused through high-heeled boots as such have a tendency to tilt the pelvis and spinal process possibly causing a rupture or a strain which may lead into a tumour. Excessive sexual intercourse may be the cause or the seed of syphilis previously sown in the system of the sufferer could certainly lead to ovarian tumours.

#### Symptoms

As the complaint becomes seated it is possible for a time to exist without being perceived by the individual. But there comes a time when the tumour becomes noticeable as there are dragging down pains in the pelvis and in the groin. Pressure on the rectum posteriorly, and the bladder anteriorly, on evacuation

of the bowels and urinary passages. There is generally a purulent discharge from the womb. Pregnancy, if any, is scarcely ever carried to the end of gestation.

#### Diagnosis

This is a very difficult duty to perform as it is obscure until an objective sign is noticeable. Then you find the abdominal muscles enlarged and the difficulty then arises whether it is ascites of the abdomen or a tumour. The difference is distinguished as follows: the umbilical cord in ascites comes to a point but in tumours you will find the abdominal muscles enlarged in general. Then again in a dropsical case you will find softness in pressure and in tumour cases you find the abdomen is more intensified on pressure. As the case proceeds, the patient becomes emaciated and atrophied, the constitution being worn and debilitated with the complaint, until finally, the case, like an Autumn leaf, fades away and dies from lack of nutriment.

#### Treatment

As Herbalists we are forbidden the treatment by operation and our duty is to find from Herbal remedies, a treatment that will cure if possible. Therefore we must seek Nature's non-poisonous remedies. The treatment I recommend is medicines that break away and dissolve the lump. Many times these tumours are connected to the side of the wall of the womb by a pedicle and in some cases there is a broad band of tissue which connects them. In the first instance it is possible to dissolve the pedicle away and

then the tumour can pass away. Combinations of medicines include diaphoretics, dissolvents, emollients, alterative and anti-septics, combined of the following ingredients:

Take of Lobelia, Red Clover, Echinacea, Bur Marigold, Bayberry-bark and Violet-leaves, in fluid extracts of each a quarter of an ounce; add 10 drops of Capsicum; water 12 ounces. The dose is one tablespoonful every three hours.

If preferred a decoction can be made from the crude Herbs. Take the same amount of the above ingredients in crude form, and boil for 10 minutes in three pints of water. Slowly sieve and add 10 drops of Capsicum and take for a dose one wineglassful every three hours.

As an injection use Ironite diluted 1 to 4 parts warm water, and inject each night and morning.

Massage the abdominal and pelvic muscles with Lobelia and Cayenne paste, once a day.

For diet it is important to have the best whole wheat meal bread; carrots, spinach, nettles and turnips. Also Slippery Elm food, of a reliable brand, is excellent.

#### U. S. MAY STUDY HERB MEDICINES

**Indian Commissioner Points Out the Medicinal Value of Native Plants**

WASHINGTON.—(U.P.) — The Agriculture Department bureau of plant industry soon may begin digging into the magic of the Indian herb doctor.

John Collier, Indian commis-

sioner, advised the house appropriations committee during his testimony on the interior department bill, that he would ask the bureau to make a study and send a copy of his letter to the committee, at its suggestion. He said his office had often suggested the advisability of such a study of the medicinal values the Indians had found in native plants.

Collier disclosed the opinion that medicine might be greatly advanced by such a study.

"You know it is only within the last 10 years that we found that strong tea is the best medicine for burns," he pointed out. "The Chinese have been using it for thousands of years."

He also pointed out that the cure for leprosy—an oil—had been used "for centuries in the east before our medical world discovered it,"—and that ephedrin, used in treating nose and throat ailments, was an old Chinese remedy.

Rep. James G. Scrugham, Democrat, Nev., said ephedrin was the same as "squaw tea" used by the Indians centuries ago.

In connection with Indian drugs, Collier defended the use of peyote by the plains Indians in their religious rites. He said the drug produced hallucinations, but was not habit forming. The drug is used by the Peyote Church, a Christian sect, he explained, the same as other churches use sacramental wine, and produces no deleterious effects on the users. He pointed out that Peyote users do not as a rule use intoxicating liquor.

Peyote, he explained, is the dried flower of a species of cac-

tus. Collier related that recently an Indian who was very ill of pneumonia was given Peyote by an Indian priest during the absence of the doctor, and recovered. Collier explained that it produced a considerable impression on the Indians, despite the fact that the plant has no professionally - recognized medicinal values.

#### RUBBING GROWTH HORMONE INTO SKIN IS NEW METHOD

By Logan Clendening, M. D.

Animal experimentation in the use of the ductless glands has often obtained results that cannot be duplicated in human beings. Hence, there are a good many disappointments in the new science of endocrinology.

For instance, a physiologist takes a litter of white rats and gives half of them the growth hormone. In the published reports you can see photographs of the progress of the experiment. The rats who get the growth hormone rapidly outdistance their litter mates in size, and in a few weeks are twice or three times as big. Then the physiologist stops the growth hormone on them and starts giving it to the half of the litter which has been growing just normally. Soon they spurt into a growth period and before long outdistance the first rats who have been left to the devices of their own self-manufactured juices.

#### Like Fairy Tale

It all seems like a fairy tale, but a scientific fairy tale, and makes one think it possible to take short

human beings and convert them to average size, or tone down the giants of the world to normal stature.

But up to the present it has not worked out that way, either because human beings are more resistant to variation, or because we haven't the right hormones for them. In one particular instance—that of the sex hormones—the body gets rid of the injected hormone so fast that it doesn't have time to work. It seems we need some other substance to fix or stay the hormone in the body until it can operate.

A new approach has been made within recent months by rubbing the hormone into the skin rather than by giving it by mouth or hypodermic. This has been applied especially in breast development.

#### Moderate Success

Heretofore, while there are known to be indefinite hormones which affect the development of the breasts, the ordinary use of these by hypodermic injection has met with only moderate success. Very large doses are necessary and even then complete failure often results.

It occurred to one endocrinologist to try the effect of using an ointment saturated with the hormone rubbed into the skin of the breast. Surprising effects followed. Within ten days an evident growth and development occurred in one case.

It is possible that by using the skin as a medium of entry the ductless gland hormones may be fixed and better utilized in the body.

From "Chicago Herald & Examiner."

## PHARMACY THROUGH THE AGES

By C. O. Lee

### Herbalists and Their Herbs

Modern medical practice is much less dependent upon crude drugs and their preparations than that of generations past. It is interesting to note, however, the importance of vegetable and animal drugs in ancient *materia medica*. This is a story about ancient herbalists and their medicines.

#### Herb Doctors In Our Day

During the first decade of the present century I served my druggist's apprenticeship in a small town in southeast Kansas. In the town there lived an old Indian Herb Doctor. At least he was known as a doctor, and claimed to be part Indian and to know something about Indian herbs and medicines.

He used to spend a day, now and then, in the woods gathering herbs. These he used, presumably, in preparing his famous tonic which he sold in the mining towns of that region.

The old doctor came to our drug store and made small purchases of a few things which could not be found in the woods. He was an interesting character. His hair was long enough to fall leisurely about his stooped shoulders from beneath a broad brimmed hat. He was not much of a conversationalist but was interesting when he talked. His remarks were often critical and pessimistic, yet he was, on the whole, rather philosophical.

He had a shed for a laboratory and a medicine wagon, properly decorated, for his sales excur-

sions. The old doctor was not well known to his neighbors; he revealed no medical secrets and minded his own business.

This story is not, I am sure, an unusual one, but it is an example of the secrecy and mystery which so often surrounds makers and sellers of strange medicines. It shows, I think, that certain herbal systems appeal to those anxious folks who never cease to be concerned about their ailments, whether real or imaginary. It has always been so and will continue to be for many generations yet to come.

#### Faith in Herbs

We will never know who were the first to use plants and herbs as medicines. Neither are we sure that herbs were first used for purposes of curing diseases or whether they were used to discourage evil spirits or demons presumably responsible for the afflictions of mankind. At any rate plants have been used by all primitive peoples, so far as we know, for healing the sick and for purposes of poisoning enemies. Many plants are poisonous when taken in amounts larger than medicinal doses.

The savage learned of all this by many sad experiences, no doubt, and made use of the knowledge he had gained whenever he could. Primitive peoples, not unlike ourselves, feared disease. In their attempts to cure or frighten away disease it is quite possible that their patients succumbed to the treatment rather than the ailment. We sometimes feel that this happens to us even today.

#### Plant Lore and Superstition

Plant lore of primitive folks was not free from their superstitions. The appearance of the parts of the plants used, the conditions under which they had grown, were gathered and prepared for use, were often of great significance. For example, three rather well-known root drugs, because of their forked, human-like shape were, according to tradition, possessed of strange properties. One of them, Mandragora, was used by the Greeks in their love potions. Mandrake is mentioned in the Old Testament as an antisterility cure. Ginseng, which at one time grew abundantly in the woods of Indiana, is highly prized by the Chinese and Koreans as a panacea for all ills; so far as we know, it is practically inert. The more nearly like the human form the Ginseng roots are the more valuable they become.

It is interesting that fetishism for certain crude drugs has continued through thousands of years of human history. The reputation that such and such a medicine is a very old secret remedy appeals to the daily run of imaginations, while the facts of science go unheeded.

#### Ancient Herbal Doctors

The nations of antiquity, it seems, had their herbalists who knew something about plants and their uses in the treatment of disease. Among these peoples may be included the Sumerians, Indians, Egyptians, Chinese, Babylonians, Persians, Assyrians, Nubians and, perhaps, others. The primitives of all of these peoples

associated the curative properties of plants with their gods. As the priesthood developed the priests were often the ones who knew plants and their uses. The priests, it was assumed, got their information from the gods whom they served and worshiped.

In their ministrations the priests learned the value of suggestion and mixed psychology with their medical treatments. The patients, in addition to swallowing bitter decoctions, had to listen to the songs and incantations of the ancient crooners. Even so the minds of the patients were diverted from their own miserable selves and centered upon the utterances of the soothsayers. Under such conditions medicines were doubtless less bitter and pains less severe.

Coleridge was surely right when he said, "The best inspirer of hope is the best physician."

#### Chinese and Indian Herbals

The Chinese system of medicine and pharmacy has existed hundreds of years with but slight change. Many strange philosophical explanations and beliefs have been woven into their knowledge of anatomy, physiology and pharmacology. Their *materia medica* comes largely from the plant and animal kingdoms, although they use a number of inorganic minerals and their compounds. The old system is giving away slowly to modern medical science.

Early Indian herbal medical practices are rather obscure although they must have existed.

#### Egyptian Gods and Goddesses of Medicine

Primitive peoples everywhere,

it seems, associated the art of healing with their gods and considered it a divine art. These people lived in the great out-of-doors and depended for a living upon the plants that grew about them, whether wild or cultivated. Their gods were gods of the natural world who knew all about vegetation, the heavens and plants of medicinal virtue.

**Osiris** was such a god to the Egyptians. The wonderful **Maat** plant was in the form of the body of Osiris. His followers ate the plant and, in so doing, became like the god they worshiped and lived on forever. A beautiful idea for childlike imaginations.

**Isis**, the twin sister, wife and protector of Osiris, was a great herbalist and magician. She used her magical powers perhaps more than her skill as an herbalist, although according to tradition she made good use of both.

#### Schools of Herbalists

It is thought that schools of herbalists existed in Egypt as early as 3000 B. C. The works of such schools have not, however, come down to us.

It has been stated that magic played such a prominent part in early medical practices that it is difficult to find an account of herbal science free from the feats of magic. Budge says that, "the progress of herbal science was strangled by the belief in magic which was general among the people."

#### Assyrian and Sumerian Herbals

From the sources of information at hand it would seem that the Sumerians and early Egyptians were contemporaries and perhaps gained much of their

early medical and herbal knowledge from a common source. Sumerian herbals are said to have existed in the third millennium B. C. A Sumerian tablet, in the British Museum, has a note attached which states that it was copied from a tablet written about 2200 B. C. Copies of other medicinal texts have also been found which are much older than the one just mentioned.

Some knowledge of Assyrian Herbals has been obtained from the fragments of the clay tablets which have been found among the ruins of Nineveh. Thompson, in 1924, prepared a monograph entitled "Assyrian Herbal." As a result of Thompson's studies it is known that the Assyrians knew about 250 vegetable drugs and about 120 mineral drugs in addition to many others which, as yet, remain unidentified.

The Assyrian herbalist arranged their drugs according to their needs. It is quite obvious that the doctors and chemists of Nineveh knew a great deal about their herbs and their uses. They established "physic gardens" as a means of assuring themselves constant and reliable sources of useful medicinals. These gardens were often founded in connection with the temples and palaces. This fact indicates a considerable advancement in the matter of protecting the source and quality of their drug plants.

In Assyria, as in other ancient countries, the herbalist physician did not resort to the use of drugs alone in the treatment of the sick. He worked with the priest and the seer. The patient had to endure three doctors in one treat-

ment. The physician prescribed the herbs, the priest recited songs and prayers and the seer interpreted the signs and omens which were in evidence. Even so three doctors should be better than one any time, especially if each were a specialist in his own field, otherwise they might not agree.

#### Greek Herbals and Herbalists

Like the Egyptians, Sumerians and Assyrians, the Greeks believed that the gods were the first herbalists and physicians.

The Greek Herbals were compiled by the lay herb-doctors and physicians who were known as the Asclepiadæ. They wandered about the country and made their living by treating the sick wherever they found them.

Hippocrates (B. C. 460-377) is known as the "Father of Medicine." He is supposed to have learned a great deal about medicine from the Egyptians and to have been the founder of a scientific system of medicine. He tried to clean things up by banishing superstition and magic from the practice of medicine. He used about 400 drugs in his practice, most of which were vegetable in character. So far as is known he compiled no herbal but undoubtedly made use of those known.

The first Greek Herbal was compiled by Diocles Carystius in the fourth century B. C. This Herbal is not extant today, but was a list of plants, their habitats and their medicinal properties.

Aristotle (B. C. 384-322) is credited with "De Plantis," a list of over 500 plants, which is included in his numerous works.

Theophrastus (B. C. 372-285)

in his "Historia Plantarum," described over 500 plants. He is referred to as the first scientific botanist rather than a medical botanist.

Herophilus, in the third century B. C., made up heterogeneous mixtures of vegetable drugs and gave them in large doses to his patients. He was criticized for his large doses.

Crateuas (B. C. 120-63) was a great herbalist and in his *Herbal* he made drawings for the plants he had named.

Perhaps the greatest of the ancient herbalists was Dioscorides who lived in the first century A. D. He was, for a time, physician to the Roman army in Asia. He also traveled extensively in Europe and got his information about plants firsthand. He is famous for his work of five books known as "De Materia Medica."

He compiled information which had been available by the herbalists who had preceded him. To this he added the information which he gained by experience and travel. His *Herbal* was so complete and well done that our modern Pharmacopoeias still contain many of the drugs which he described and used.

Other famous herbalists could be named but we must close with a brief mention of Galen who lived A. D. 130-200. Budge says, "The Greek Herbal assumed its final form in the hands of Claudius Galen,—." He traveled extensively and is credited with having written about 400 works; 275 of these were of a medical nature and 83 of them are extant and considered genuine. His entire works have never been trans-

lated. Galen was famous, among other things, as a medical teacher. His Herbal, "De Simplicibus," was contained in Books VI, VII and VIII of his chief work. It was so nearly final that it was never superseded by succeeding Greek and Roman botanists.

The head of this famous physician and pharmacist may be seen as the keystone in the arch over the front entrance to the pharmacy building on the campus.

### NATURE CURE ON THE CONTINENT

By A. Pitcairn-Knowles, F. N. C. A.  
Health Wisdom Among Russian Peasants

It is always interesting to know how the people of other countries, where the doctrines of medicine have not yet taken a grip of the masses as they have with us, deal with sickness and suffering, especially when their methods are based on an understanding of natural healing processes. Those who pin their faith to doctoring as it is understood and accepted by the present-day followers of orthodoxy, are apt to belittle and scoff at the simple remedies that have been passed on from generation to generation. Maybe it is looked upon by this category of people as a sign of praiseworthy progressiveness and 'up-to-dateness' not to cherish customs which survive almost unchanged through centuries of advancing civilization and sensational reconstruction; maybe the grandchildren and great-grandchildren in this category of men and women feel their standards raised if they deplore their ancestors having wasted their lives in inexcusable

erring and ignorance.

Fortunately, there are scientifically educated thinkers with no little influence, men who have gone through five and six years' university training in order to pass stiff examinations and reach the peak of their professional capacity, ready and glad to confess unhesitatingly and with admirable broadmindedness that the simple remedies of unspoilt country folk, handed down throughout centuries, are extremely precious teachings which so-called science is foolish to overlook and underrate. I am pleased to say that there are many such university-trained men on the Continent. One of them is Dr. A. von Burdze. In an article which deals with the natural healing methods of the Russian people, this open-minded physician gives us an interesting insight into the subject.

I will begin by translating a story that he relates about a remarkable happening, which proves how doctors can fail completely when quite simple Nature Cure finds an easy solution. Two boys drove in a trap to a place where they could bathe in a river. They undressed and went into the water. Whilst they were bathing a violent gust of wind blew their clothes into the river. The only thing the boys could do was to retrieve them, wring them out as well as they could and put them on. Then they drove home in the open carriage. One of them, when he got back, was already so seriously affected by the cold that his temperature had risen to 102 degrees. He was put to bed and soon he was found to be suffering from pneumonia. Things

went from bad to worse. Typhus intensified the poor youngster's sufferings. For thirty-one days he lay unconscious. Various doctors put their heads together; none of them could suggest a remedy. The case was pronounced hopeless.

The family was well known in the district, so the sad news spread. It reached the ears of an old peasant woman, who had her own ideas about how to cure such troubles. She hastened to give the parents her advice.

This was her prescription: A red, dried paprika (capsicum) cut up in small pieces, soaked for twenty-four hours in a quarter of a litre of 40 per cent alcohol or the equivalent, *Tschwetwertuschka Wodki*. This Wodka potion became quite red. A little of it was to be given as a drink, the rest to be rubbed into the skin over the entire body. This was to produce profuse sweating, and it was emphasised that during this vigorous elimination the clothing would have to be continually changed.

"Quackery," blurted out the father of the despaired-of child, and he refused to give his consent. The mother, however, was determined not to turn the peasant woman's offer down. "The child is mine as well as yours. The doctors have given up all hope. I will try anything. I am going to carry it through," she exclaimed, and without wasting any time she mixed the paprika and the Wodka and let the mixture draw. Next day the old peasant woman's remedy was applied. In a short time the whole skin seemed ablaze; its redness

alarmed the frightened mother. The little boy was rolling his eyes, which intensified her agony of mind. She dashed out, making her way to the church, where, in her despair, she might pray.

Then she hurried back. Her eyes fell on a house with lights showing through every window. "Dead, dead," she muttered to herself, and she had not the courage to step through the front door. She would hear the dreadful news as she passed through the kitchen. There she saw smiling, happy faces. "He is better!" were the first words to greet her. She rushed upstairs into the sick-room. Her adored one opened his eyes as she caught sight of him. He was conscious and recognized his mother. During the mother's absence the peasant woman's Nature Cure remedy had worked the wonder. The profuse sweating, which she had predicted would save the child, had achieved this astounding success. Even the mattress had become quite wet with the streams of perspiration.

Cases of disseminated sclerosis are treated with the root of a plant which Dr. von Burdze, unfortunately, cannot name or describe. It is applied by the Russian country folk with astounding success. Stewed, it supplies a liquid which, taken three times a day, has, so says the writer, steadied the trembling extremities in four days. He makes the interesting statement that a patient of his, a great sufferer, was able, as a result of using this extract, to go back to work on the tenth day.

Erysipelas is treated as follows: Twigs of the elder tree are deprived of their external grey

skins. Beneath these will be found a moist, green covering. This is carefully removed in thin peelings, which provide a mass that is to the touch something like cotton wool. This greenish peeling is placed over the parts affected and must be changed as soon as it becomes dry. In forty-eight hours the erysipelas is overcome.

For furuncles and carbuncles there are several remedies. The onion is one. An onion is baked till it becomes quite hot and moist, when it is laid on the abscess, and fixed firmly with a cloth so as to cover it. It is allowed to act for two to three hours. The onion draws the pus and the oftener this process is repeated the more effectively it works. In forty-eight hours the furuncle should have opened up.

Cuts and wounds are treated with a mixture of wax and olive oil, which is laid on the wound and covered with a strip of linen. This is done twice a day.

The doctor also describes a plant an extract of which is given to patients suffering from tuberculosis, pneumonia, bronchitis and all affections of the lungs. It has leaves "the shape of a dog's tongue and in their centres grows a stalk bearing white blossoms," to use his own words. The leaves are washed, dried and placed in a glass, spread over with a layer of brown cane sugar, which is covered with more leaves, another layer of sugar, and so on till the glass is full. In a few days the leaves give off a juice which is taken three times a day.

What Dr. von Burdze calls

black buckwheat is used by the Russian people to cure gastric ulcers. All other food is stopped, and three meals a day of nothing but this black buckwheat, a pound at a time, are given. The buckwheat is soaked in good olive oil and put on the fire in a double saucepan. "This diet certainly cures gastric ulcers very effectively," says the writer. It is essential to rest after each meal for at least half an hour.

Dr. von Burdze became acquainted with an extract made from the root of a plant which, given twice a day, has a remarkable curative effect on haemorrhoids. He expresses regret that such a helpful method was unknown at his university, and emphasises that it was only by mixing with the Russian peasants that he was able to gain this valuable knowledge. Once again he leaves us in ignorance of the name of the plant remedy, having been unable to find even the Latin designation.

There is a wild sorrel growing in Russia which may or may not be the same as ours, but is evidently used quite frequently for packs. The sorrel is cooked in milk and the inner pack material is soaked in this extract. Dr. von Burdze speaks of a child having run a rusty nail, ten centimetres long, into its foot. Blood poisoning resulted, and became so serious that the doctors desired amputation. The father refused and applied half-hourly wild sorrel packs. In six days the child was free of fever and the swelling had subsided. In a short time the leg became quite normal.

From "Health and Life," England.

### GLAND EXTRACT FOR WOMEN

It is now well established that timely use of glandular extracts will lessen the rigors and mitigate ailments that so generally attend the menopausal stage, during which the system undergoes organic changes and adjustments.

As comparatively few people are familiar with gland facts, irregularities in organic functioning are seldom thought of in this connection. They were considered and treated as purely local disturbances. It is now known that the endocrine glands actuate such primary functions as heart action, breathing, digestion, elimination and other familiar phenomena.

While ovarian disorders such as dysmenorrhea may be caused by shock, worry or infection, they are often due to constitutional derangement, with the underlying cause found in deficiency of glandular secretions. Normal cyclic rhythm should follow restoration of endocrine balance, induced by such hormonic stimulation as is contained in this Hormone Extract for Women.

Application of this hormonic solution is usually followed by a prompt and favorable reaction that allows no doubt of its quick absorption, through this pleasant method of treatment. The patient experiences a new sense of well-being; of elation and energy, indicating response of the nervous system to its help.

Restoration of glandular balance, with functional regularity, frequently improves skin texture and color, tending to clear blemishes and other faults. New vi-

vacity and clearer thinking follow such improvement. Appetite and digestion are better because of it. Personal charm again becomes a factor in daily life.

The most remarkable feature of this solution is that it is merely rubbed upon the underside of either arm until it is absorbed by the skin.

### VITAL THERAPY

**The Gift of Healing by Touch**  
By M. C. Barton

"The thing that hath been, it is that which shall be; and there is no new thing under the sun," said the Wise Man, and the twentieth century proves the wisdom of that utterance.

All through the ages we find mention of healing by touch. In ancient Egypt it seems to have been a recognized therapy. The following statements from a book by the famous Egyptologist, Sir E. A. Wallis Budge, are worth noting:

"The chief god of the temple received the king and stood up and embraced him. . . . Then the king turned his back to the god who straightway began to make magical passes down it, from the nape of the neck to the lower vertebrae. By these passes the magical life-essence, SA ANKH, of the god was transferred to the body of the king.

"He probably made passes with his hands over the nape of her neck whereby he transferred to her body the 'fluid of life'.

"The Pyramid Texts made it quite clear that Horus came to the dead body of Osiris and embraced it. By this embrace he transferred to it his own KA, or

vital energy, or a portion of it. In all cases of creation or revivification the embrace plays a very important part."

Time passes; in the Old Testament we find that Elijah, when he raised the widow's son, "stretched himself upon the child" three times (I Kings, xvii, 21). Elisha also healed a child in a similar way (2 Kings, v, 31).

In the New Testament instances of healing are too well known and too numerous to quote, but it is worth mentioning that St. Paul restored the young man Eutychus to life by 'embracing him' (Acts xx, 10), and many of the so-called miracles of sudden cure attributed to saints of the 'Dark' and Middle Ages have this same characteristic of touch, or the laying on of hands. In Britain, Edward the Confessor, the Saxon king, was recorded as having this gift, and throughout medieval Europe it was generally believed that the touch of an anointed king had healing power. This belief persisted as late as the reign of the Merry Monarch, Charles II, though his character was not what is usually meant by saintly.

Inevitably, in such regions of phenomena superstition exaggerates and credulity obscures the core of truth.

The writer of this article has for years been working in co-operation with a fully qualified medical man, who is sufficiently scientific to accept observed facts and to welcome them as adding to human knowledge.

On a few occasions, the hands of thus-gifted healers have been photographed under special con-

ditions and the results appeared to justify Mesmer's theory of 'fluidic emanation.'

When the hand of a gifted person is placed on the body of a sick person, the part covered becomes warmer, this warmth permeates the whole body of the patient and often persists for so long as twelve hours. A tingling is felt in the head when the feet are being treated, and has been described by some patients as an inward glow. In many cases distinct organic changes have been produced.

To quote one instance: a qualified doctor examined a patient before and after treatment. In half an hour the healer had reduced the blood pressure by ten millimetres. Naturally patients vary in their receptivity, but usually an intense glowing heat is produced in from five to ten minutes without any rubbing or any reddening of the skin, and this heat spreads through the whole body.

The healing energy thus imparted has a cumulative effect, and goes on building up and invigorating the patient for hours after the treatment is over. It seems to be a power which, when applied, does its work by itself and strengthens every weakened or irritated part, even if the healer is completely in ignorance of its whereabouts.

Neither suggestion nor relaxation can possibly account for all the results. Both may possibly play a part in some cases, but without either the results are in evidence. Sometimes it produces a state of relaxation, but at other times it seems to stimulate and

revitalise almost at once. Also, occasionally it causes a state of 'induced sleep.'

Pain associated with neuritis, rheumatism, headaches, etc., usually gives way very quickly to treatment, and often in much more severe cases as well.

Unfortunately, it has always been part of human nature to doubt what cannot be explained, what is outside known laws or every-day experience. Many people are sceptical of Vital Therapy because so little is known as yet of its essential nature.

The amazing chain of evidence, from the time of ancient Egypt, with its similarity of detail, though found in widely different periods of history, in different countries and among different races, surely points to the fact that powerful healing energies are set moving by the true healer-by-touch.

From "Health and Life," England.

#### OLD DOCUMENT TELLS INDIAN MEDICINE HERBS

##### Gentian Is Cure for Dyspepsia; Snake Root for Toothache

May 13, 1931.—Herb remedies which the Indians used for dyspepsia, scarlet fever, indigestion and pneumonia, have come to the eyes of white men for the first time in a remarkable document held by J. Evetts Haley of the University of Texas faculty.

The manuscript was written by Gideon Lincecum, the only white man ever known to have learned all of the medicine secrets of the Indian.

Lincecum was a country doctor who tired of allopathic methods and struck up a bargain with an Indian doctor whereby the Indian should teach him everything he knew, with the understanding that the white man preserve it on paper. Lincecum lived in the woods with the Indians for six weeks while the Indian brought herb samples and detailed what they were used for. Upon the paper's completion, the Indian corrected the copy.

##### **Chew Gentian**

This old manuscript, along with samples of herbs the Indian brought Lincecum, was uncovered at the university by Haley.

Lincecum, in giving the remedies, wrote:

"Nature's labels never cover fake medicines. We never find old articles of medicine put up in new papers in nature's shop."

The Choctaw Indians, according to Lincecum cured their worst cases of dyspepsia by chewing soap gentian daily. For colic and indigestion, the root of the pyramid flower of the Gentian family were eaten. The bases of other tonics were the buttonwillow, mistletoe, dogwood, sumac and burning bush.

##### **Snake Bite Remedy**

For profuse bleeding the Indians took a strong decoction of water hoarhound in half-cup doses as often as the stomach would bear. This was thought especially good for bleeding lungs. To stop a bleeding wound they used powdered crow foot, a strong astringent, and to retard the hemorrhage the common hogweed.

A powerful stimulant and anti-poison good for snake bite known

to the Indians was the "corn snake root." A "sure cure" for snakebite, according to the Muskogees, was the root of rattle-snake's master, boiled in sweet milk and taken freely or chewed and swallowed.

Roots and berries of the spikenard were used by the Choctaws in treating many of their children's complaints. Instead of paregoric, they boiled a little of the root in water, sweetened and gave freely.

#### Toothache Medicine

Bad cases of sore eyes were healed by boiling a quantity of spikenard root and steaming the eyes over the pot while boiling.

When the Indians had a toothache he would chew either white snake root, rheumatic weed, iron weed, bay berry or thoroughwort (frost weed) holding the roots in his mouth.

Lady's slipper, the Indians found, had powers of quieting the stomach. Coughs, colds, pulmonary diseases, pleurisies and influenza were chased away by a syrup of mullein roots, boiled down with honey or loaf sugar. White snake root, wild ginger, butterfly weed, orange root, pleurisy root, buttonwillow, shallots and false unicorn root are good also.

#### COLTSFOOT—THE HARBINGER OF SPRING

By Hubert B. Figg, F. F. Sc.,  
F. I. C. A., M. P. S.

This herb is well known to almost everyone. The botanical name is *Tussilago Farfara*, signifying "tussis ago"—I drive away a cold, and "Farfara"—the white poplar tree which has a similar leaf. The name "Coltsfoot," is

derived from the shape of the leaf, which is supposed to be similar in shape to a young horse's footprint. It is likewise known as "Asses foot," "Cough Wort," "Foalsfoot," "Bullsfoot," "Hoofs" and (in Yorkshire) "Cleats." It belongs to the natural order Compositæ.

Coltsfoot is a perennial, and flowers early in the spring, February, March and April being the usual months. It is indigenous to the British Isles, Europe, Central and Northern Asia. We find it growing out from amid mossy stones and stumps, in clayey soil, by rivers, ditches and on waste ground, having a mantle of clear yellow blossoms on long scaly stems but with no sign of a leaf until the flowers have died. The flower-stalks are about 6 to 8 inches in height, with one head of flowers on the top of each stem. In Coltsfoot the capitulum has about forty actual male flowers, surrounded by a large number of females. The male flowers have a style acting as a pollen brush, but no stigmas. Only the male flowers secrete honey.

The seeds (fruits) afford an example of a structure common to the natural order Compositæ, where the seed (fruit) is surrounded by a tuft of silken hairs, armed at regular intervals with a series of denticles or spines, only visible with a good magnifying glass. The upper surfaces of the leaves are of a greyish green colour and wrinkled, the under surfaces are white and covered with densely matted, woolly, felted hairs. They are without characteristic odour or taste.

Coltsfoot is gathered freely by

the children and women of Yorkshire and Lancashire for the purpose of being made into Coltsfoot wine.

From the earliest times the plant has been found helpful in maladies of the chest. Hippocrates advised it with honey for "ulceration of the lungs." Dioscorides, Pliny and Galen severally commended the use of its fumes, conducted into the mouth through a funnel or reed, for giving ease to cough and difficult breathing. They named it "bechion," from "bex," a cough.

There is only one reason why Coltsfoot is not more valued, and that is its abundance; if it were a rare plant, or imported from some other country it would be considered invaluable. It is a medicine which may be used with advantage at all times when there is any disease of the lungs. Its influence is more apparent when there is inflammation present, probably owing to the fact that it contains a large amount of mucilage, which gives protection. Coltsfoot flowers as used in Herbal medicine consist of the dried flowering shoots; these are collected in the early spring and dried. They are odourless and tasteless, and probably contain constituents similar to those of the leaves. The bitter principle present in the leaves is absent from the flowers.

Coltsfoot contains not more than 3% of foreign organic matter, and should yield not more than 4% of acid insoluble ash. C. S. Bondurant (A.J.P. 1887, 340) examined Coltsfoot chemically. He found besides mucilage

and tannin evidences of a bitter glucoside. Kobb isolated two phytosterols from Coltsfoot flowers (P. J. 1909, 999). Both the leaves and flowers of Coltsfoot are demulcent, expectorant and emollient. It is one of the most popular herbal cough remedies, and is generally given in conjunction with one or two other herbs possessing pectoral qualities, such as Hoarhound, Marshmallow, Ground Ivy, etc. A decoction is made from 1 oz. of the leaves added to 1 quart of water and boiled down to 1 pint, and is taken in teacupful doses, sweetened. It is very often administered along with milk.

The leaves are good for colds. As a demulcent they are used extensively to relieve chronic and irritable coughs, and will cure where other medicines fail. They also form the chief ingredient of Herbal Smoking mixtures, being mixed for this purpose with the dried leaves and flowers of the Eyebright, Buckbean, Betony, Thyme and Lavender (Rose leaves and Chamomile are sometimes added); Coltsfoot forming quite one half of the mixture. All these are rubbed together in the hands into a coarse powder. This compound is smoked very beneficially for asthma and spasmodic cough.

Linnaeus said "Et adhuc hodie plebs in Suecia instar tabaci contra tussim fugit," which being translated means: "Even today the Swiss people cure their coughs with Coltsfoot employed like tobacco." In Germany the herb is often substituted for tobacco.

**PREScriptions OF DOCTORS AND HERBALISTS CONTRASTED**  
By Egerton Ward, M. S. Ph. M.  
**Prescription No. 1**

I find it extremely difficult to fathom the minds of expensively educated medical men who do not appear to realize the centuries of gross ignorance, superstition and credulity behind the following prescription. It is prescribed, in tablet form, for **impotence, premature senility and hormonic deficiency**, and is composed of: Thyroid gland (dried), gr. 1/5; Pituitary gland, gr. 1/2; Suprarenal gland, gr. 1/4; Didymin, gr. 1/2 to make one tablet.

The first constituent, thyroid, is known to most people as the gland situated in the neck, which requires a small amount of iodine to perform its function of controlling the rate at which bodily processes are carried on.

The pituitary gland has not yet appealed to the patent medicine advertisers, so naturally the public knows little of it. It is in two parts or lobes, the frontal lobe being an outgrowth from the mouth and the rear lobe a down-growth from the brain. Its functions consist of creating hormones to regulate the actions of certain organs—in this case chiefly sexual.

The suprarenal glands also control sexual processes to some extent. They are situated above the kidneys.

Didymin is an extract from part of the seminal apparatus of animals.

What the ultimate result of administering the sexual hormones of beasts will be upon humans is

a matter for a much longer article. Suffice it to say that no ignorant witch doctor could imagine so filthy a brew. Thousands of decent men and women are swallowing the dirty slaughterhouse compounds quite unaware of their origin.

Let us leave them to their carion feast and turn to the wholesome herbal prescription which I have never known fail (coupled with hygienic living) in any of the above complaints:

Extract Damiana, gr. ii; Extract Kola nut, gr. i; Extract Saw palmetto berries, gr. i, to make one pill.

Take one or two pills night and morning. If a deficiency of the thyroid gland is suspected, eat plenty of watercress, onion, garlic, leeks, cabbage. Fresh pineapple is extremely rich in iodine, which activates the thyroid gland secretion.

The hormones of beasts are not for the "temple of God." Rather will your body be glad to create its own human hormones to your greater efficiency, health and happiness, if you will supply it with the right material and if you are prepared to live like men, not beasts.

**Prescription No. 2**

Rather crudely the physician has been described as the original "peeping tom" and the surgeon as a "sadist." Applying these exaggerations to the diseases peculiar to women, the suggestions gain some support. Probably next to the vaccine and serum racket, most profit comes from specialisation in such diseases.

An example is **Amenorrhœa** (cessation of the menses). The

harmful and poisonous dope prescribed for this condition varies from potassium permanganate and ergot to arsenic and iron. **The administration of powdered ovaries of animals is now fashionable.**

The contrast is most marked between orthodox and naturopathic treatment. Both systems naturally first ascertain that there is no possibility of pregnancy before commencing to treat the case.

The naturopath also enquires as to the possibility of great emotional crises, shocks, exposure to cold, anaemia, tuberculosis, lack of exercise, unsuitable food, congested and putrefying bowel, and perhaps he may in the end find a spinal lesion as the cause of the trouble. Several less well marked causes are kidney disease, diabetes, neurasthenia, chronic alcoholism, lead or morphine poisoning, heart disease, imperfect activity or tumours of the ovaries.

Before giving the prescription, which I have found invaluable in both Amenorrhœa and painful menstruation, let me sound this warning: that it is hopeless to expect a cure by medicine alone. Hygienic measures, osteopathic manipulation, careful natural feeding, daily fresh air exercises, are all to some extent essential. The bodily condition must be rebuilt, blood stream cleansed and plenty of sunshine obtained.

Here is the herbalists' prescription:—

Fluid Extract Tanacetum vulgare, 1 oz.; Fluid Extract Artemisia Abrotanum, 1/2 oz.; Fluid Extract Valerian Officinalis, 1/2 oz.; Fluid Extract Puta graveo-

lens, 1/2 oz.; Fluid Extract Leonurus cardiaca, 1/2 oz.; Fluid Extract Artemisia vulgaris, 1/2 oz.; Tincture Capsici B.P. 14, 2 drs.; Tincture Cimicifugae B.P. 98, 1 oz.; Aquam menth. Puleg., up to 8 ozs.

Dose: One tablespoonful in a teacupful of Raspberry leaf tea three times a day.

If constipation is present a colonic lavage is essential. Hot fomentations to the abdomen are also helpful.

"What on earth is the matter?" said the doctor's friend. "You look awfully mad."

"I should think so, too," was the angry reply. "Here have I been treating a patient for three years for yellow jaundice and I've only just discovered he's a Chinese."

**COLDS AND COUGHS**

By F. C. Curtis, M. H., M. I. S. P.

The subject of Colds has received much publicity in the daily press of the British Isles recently, and the reading of the opinions expressed as to the causes and methods of curing what has been described as "World Enemy No. 1" must have provided material for many conversations and much amusement. In spite of all that has been said about the common cold, and all the advice given from year to year as to how to avoid it or get rid of it, it still pays most of us at least an annual visit. To some it pays several visits a year. It numbers amongst its victims the noble of the land as well as the ignoble, the young as well as old, the rich as well as poor, and even doctors and nurses do not escape its attentions.

Unfortunately it is particularly prevalent in the British Isles and Northern Hemisphere during the winter, and this fact rather discounts a statement which appeared in one newspaper recently to the effect that "Colds have no more to do with the cold and damp than malaria has to do with 'bad air' from swamps." The same writer, by-the-by, makes the extravagant assertion that "Colds are not caught out of doors," also, "No draught can give you a cold." Further, "damp feet never gave a child a cold." If he had said, "All colds are not caught out of doors," and "Draughts and damp feet can give you a cold" he would have been nearer the mark.

Most persons affect to make light of a cold and, as long as they can walk about, scorn to be confined to room or bed by what they regard as such an insignificant, harmless affair. Hence it is that colds bring to an untimely end such a large number of mankind.

**Causes**—Is it necessary to detail here the causes of the common cold? Anything that hinders the free circulation of the blood to every part of the system predisposes to the condition known as a Cold. Thus, the sudden lowering of the external heat of the body, driving the blood inwards, is a cause, and this can be brought about by insufficient warm clothing, going from warm rooms to cold ones, neglect after taking a hot bath, etc. Then, lowered vitality is another cause, as also is the often overlooked one of errors in diet. If the wrong food is eaten or the right food

is not digested the bloodstream becomes poisoned, the machinery of the body slows down, insufficient heat is generated, or too much, and the result, a Cold.

**Symptoms**—Manifestations of the common Cold are too well known for me to take up space in telling you how to know whether you have got one or not. First, there is the chilly feeling and general malaise, followed by a slight temperature and the inflammation of the membranes and mucous linings of the nose, extending upward to the frontal sinuses, through the ducts, along the eustachian tubes and downward to the trachea (or wind-pipe) and perhaps the large bronchial tubes. Such inflammation gives rise to the copious flow of a watery secretion; there is sneezing, a full feeling in the head, and perhaps a head-ache. If this inflammation is not checked it may travel right down into the lungs or some other organs of the body, (especially favouring the weak organs) and cause a lot of trouble.

**Treatment**—The best thing to do when you get a chill is to have a mustard foot bath on arriving home and go early to bed. There are several very simple and good remedies, but the one I resort to is half a teaspoonful of Composition powder in half a pint of hot milk. Stir well, sweeten to taste, and drink slowly before going to bed. I have found this unrivalled for colds if taken in the incipient stages. Why do we Herbalists advise this treatment? Because its action is to stimulate the circulation and restore its equilibrium; thus sending it to

the extremities and skin and quickly raising the heat of the body and removing obstructions. You will greatly aid Nature to free you from a Cold if you eat very little whilst you have one, and drink freely of fruit juices; especially lemon and orange water.

Should a Cough accompany or follow a Cold, try the following, which has the reputation of being one of the best of remedies by those who have employed it, and has even promptly cured many cases which were supposed to be in the first stages of consumption. Take two tablespoonfuls of best whole Linseed and one tablespoonful of White Horehound (crude). Boil in one quart of water for 20 or 25 minutes. Strain and squeeze into the mixture the juice of one lemon with half an ounce of Solazzi Liquorice and one ounce of Gum Arabic. If a lemon cannot be procured, use a tablespoonful of good vinegar. Dose, Adult:—One tablespoonful. Child:—one teaspoonful. To be taken four or five times a day. A good herbal tonic should follow when this medicine has done its work.

At this time of the year an enormous number of patent medicine cures for colds, etc., are advertised in the daily newspapers. This shows that a large amount of the public money spent on these so called "cures." If there are people willing to spend money for this purpose, I should like to see them have special interest in Herbal medicines, and in seeking the advice of competent medical herbalists at the beginning. The majority of patients that call on

me admit they have been elsewhere before seeking my aid. This makes it doubly hard for us to cure their complaint in as short a time as we wish. It is also my experience, however, that once the clients of a Medical Herbalist prove the value of Herbal treatment to human suffering, they become ashamed that they have ever ridiculed these God-given Nature remedies, and do not return to the use of mineral and other medicines.

## RHUBARB

### MEDICINAL PROPERTIES

By J. Hamnett, F. R. H. S.

The medicinal use of Rhubarb dates from very early times, the earliest known record being that found in the Chinese Herbal of PEN-KING, about 2700 B. C. It is probable that the knowledge of its medicinal properties spread westward from China to Arabia, where it was listed in the medical lore of the Arabs as a purgative and a tonic and from thence through the Near East to Europe.

Pliny knew it as the Rhacoma root, believed to grow beyond the Pontus, and the drug which was derived from the dried root seems to have been the same as that used by Dioscorides, physician to Antony and Cleopatra. He wrote of it as 'Rha or Rheon,' the Ra-phontic root growing in the lands beyond the Bosphorus, from whence it is imported.

Celsus also wrote of the Radix pontica as the root imported from the banks of the river Rha.

Paulus Aegineta was among the first to employ it as a purgative, and by the beginning of the

Christian era, it was in common use in Roman and Greek medicine. Marcellinus, writing in the 4th century, stated definitely that the Rha was a river, on the borders of which grew a plant which carried the same name and whose root was famous in medicine. The Rha is now identified as the River Volga.

#### Early Trade

Towards the end of the Middle Ages the demand in Europe for Rhubarb roots was so great that a steady trade was maintained between Central Asia and the Mediterranean ports. The lack of uniformity in colour and texture of the dried roots, and the quality of the drug yielded, convinced the merchants that more than one species of *Rheum* was being exported under the various names of *Rha barbarum*, *de Rhapontica*, *Radix ponticum*, *Rhaponticum* or *Rheubarbe*.

The first Rhubarb to be cultivated in Europe was undoubtedly *Rheum Rhabonticum*. A native of the Volga basin, its introduction as a living plant was at one time attributed to Prosper Alpinus, who received plants from Franciscus Grassus in 1608 and grew them in the Botanic Gardens of Padua. Grassus is thought to have obtained them from the Rilo mountains of Bulgaria. There is evidence, however, that plants were in cultivation in Europe previous to that date, for Morren was known as a grower of Rhubarb in 1573. Gibault suggests that even his claim to priority is doubtful for, about 1570, *R. Rhabonticum* was in Germany by Adolph Occo, a physician and pharmacist who was the author

of the leading pharmacopoeia of his day.

Lyte's English translation of Dodoens' "Historie of Plantes," referred to Rhubarb as "a strange plant found in the gardens of certain diligent Herbalists which is thought by some to be Rha or Rhabarbarum," whereby it may be inferred that the plant was then growing in Holland and possibly England. Gerard also described it in "The Herball," but only as a dried product under the title of "*Rha Ponticum Siccatum*," although he commented upon the occasional use of the leaves as a sauce for meat.

#### English Cultivation

In 1629 Parkinson made the first concrete contribution to our knowledge of Rhubarb cultivation in this country. Lister, the English physician, whilst travelling in Italy, saw *Rhabonticum* growing in Padua and sent specimens to Parkinson, as *Rhabonticum verum*. A very brief description of the plant appeared in the "Paradisus Terrestris," but in the 1640 edition of the "Theatrum Botanicum," Parkinson described it fully as the true, Pontic, or English Rhubarb. He used the latter term to distinguish the home grown from the imported product, and identified it with the *Rhabonticum Thracium* of Alpinus, the *Rhabontic Rhubarb* of the druggist and the *Rha Ponticum* of the ancients.

Parkinson was concerned primarily with the medicinal value of the roots, but he was also aware of the fine, tart or sourish flavour of the leaves, although not of the culinary use of the stalks.

Culpepper knew *Rhabonticum* as *Rhabontic Rhubarb*, and a full description of it appeared in the later editions of his "Complete Herball," where the English grown plants were claimed to be the equal in medicinal value of any imported from China.

Ray also spoke of the acid stalks as being more grateful than Sorrel.

The cultivation of Rhubarb has developed steadily until it now ranks, with celery, as seventh in order of importance in England, and with carrots, sixth in order of value.

In 1937, 8,175 acres were under Rhubarb, and of these 3,819, or 40%, were located in the West Riding, where the crop is distributed over an area of approximately 18 miles square in the Aire and Calder Valley. Elsewhere it is grown in Lancashire and Cheshire, in those districts of Kent, Essex, Middlesex, and Surrey which are in easy reach of London, in the Vale of Eversham, and locally near many of the large towns.

#### IS THIS MEDICAL SCIENCE?

##### TRUTH IN THERAPEUTICS By "Vitalist"

We do not hear much these days of Prof. Voronoff's operation for grafting monkey glands on elderly people, whose glands have become worn out, so we assume this expensive operation has not proved a success.

Not monkey glands now, but many other kinds of animal glands are used by the regular doctors today.

In these late years we see an

increasing use being made of every kind of animal gland known, which may correspond with those in the human body, being used in treatment of complaints by present registered doctors.

Why? If doctors did treat disease successfully with the hundreds of mineral and chemical medicines, mostly deadly poisons, why have they to resort to using the offals of the slaughter house? While on the other hand many have become adherents to another late medical and dangerous fad, i.e., the use of the hypodermic syringe for injecting deadly vaccines and serums into the human bloodstream for the purpose of killing disease.

We have already pointed out in these columns, that what is the medical belief of one century becomes the laughing stock of the next.

Blood-letting, cupping and blistering was the scourge of one century until it was found out that it drained away the very vital substance (blood) which the patient needed to combat disease.

##### Mercury

Mercury, a slow deadly poison, was used excessively in large doses until its deadly ravages were only too obvious among the people. It was given for constipation, sluggish liver, skin and blood complaints; used in ointments and in injections under the name of calomel or hydragium and sub-chloride of hydragium it acted as a violent purge. Taken frequently it exhausted the liver and brought on hardening of the liver (cirrhosis) and hob-nail liver. It also produced excessive dribbling of saliva from the

mouth (salivation) sticky and tenacious with a metallic taste and foul breath. It caused the tongue to swell and the gums to turn sore and ulcerate; the teeth would become loose and fall out; the jaw bones would turn soft and develop rotting of the bony parts (necrosis). Terrible skin eczemas were caused too; mental affliction and loss of memory was common. Violent mania, rotting bones in various parts of the body, and many other terrible conditions were caused by the administering of this noxious poison in medicine.

There are still thirty-five official preparations of mercury in use today in medicine, it is now given in weakened form but no less deadly, and anyone who is given mercury in their medicine may easily tell; gold rings on the fingers, gold watches in the pocket and even silver likewise will turn a dark colour.

#### Disgusting Results

No wonder Dr. A. M. Ross of Quebec and Ontario, says: "The spirit of progress in the arts, sciences and industries of the world during the past fifty years, have wrought no marked change in the healing art. It is today what it has always been, a colossal system of deception, in obedience to which mines have been emptied of their cankered minerals, the intestines of animals taxed for their filth, the poison bags of reptiles drained of their venom, the blood of cats and white puppy dogs extracted by vivisection, all these and many other abominations thrust down the throats of credulous and long suffering human beings who, from some

fault of diet, organisation or stimulation have invited disease."

He further says the majority of medical men opposed Harvey's discovery of the circulation of the blood for forty years.

The great majority bled the people for a century and slaughtered thousands in the sick chamber. The majority denied a cup of cold water to the patient consumed with fever and gave people calomel until their teeth dropped out and flesh rotted from their bones and the bones crumbled to dust.

The great majority have inoculated people with eczema, syphilis, consumption and smallpox; they have also bitterly opposed every real scientific reform in the healing art, they have filled the world with incurable invalids and given respectability to quackery by the outrageous quackery of the profession itself, and disgusted all sensible and thoughtful men by their fallacies and delusions of which Jennerism (vaccination) is the greatest and most destructive.

I have by me at this moment a list of animal glandular preparations in use, and these are used in dessicated powder or tablet form as follows: pancreas, liver, thyroid gland, parathyroid gland, pineal gland, lymphatic, pituitary, spleen, placenta, prostate, mammary gland, ovaries and testicles. If one were to suggest that some of these latter glands of animal origin should be eaten by a sick patient, we could imagine a sense of revulsion, nausea and sickness overcoming one, but nevertheless it is being done every day by the medical profession.

Herbal practitioners have no need to resort to such revolting offal for medicine, further, many of these glandular extracts are highly dangerous. Thyroid gland extracts given for thyroid gland deficiency in human beings will act in the same way as large doses of insulin will act when given to diabetic persons and cause fatal consequences.

A Herbalist has no need to run such risks on patients, for he has an abundance of non-poisonous and pure vegetable Herbs which will act on every misfunctioning gland in the human body, with the correct diet giving essential building material for all glands in the body.

These glands should be healthy and active in everyone unless worn out by old age, improper diet and lack of essential fruits and vegetable life. Excesses are the greatest cause of their misfunction and it has been discovered quite recently that rats and other animals fed on a restricted diet become barren and sterile.

These are acknowledged truths today so why resort to animal offal because we have erred in our feeding, this is science gone insane, and is an abominable substitute profitable to certain laboratories and commerce. But this practice can never take its rightful place against the more natural vegetation and herbage which contains all the elements and vitamins so essential for the growth and stimulation of all glandular bodies in both animal and mankind.

#### Non-Poisonous Herbs

The following clean sweet Herbs of the field and countryside

can and will rejuvenate and build inactive and worn out glands.

Burdock-Root or Seeds will influence the sudorific and sebaceous glands of the skin in a most wonderful manner.

Echinacea Root, as every Herbalist knows to his pleasure, is the great medicine for the lymphatic glands whenever in misfunction or poisoned.

When the liver is at fault, or, in anaemia, Echinacea Root, Centaury Root, Balmony, Fringetree Root, Black Root and several others may be used to cure most every disorder from jaundice onwards.

For the digestive glands of stomach and bowels we have so many excellent Herbs that they are too numerous to mention.

Obesity from thyroid deficiency can be cured with Bladderwrack, a seaweed common to our shores. Blue Flag Root, Wild Carrot, Clivers are all excellent to combine with Bladderwrack for this complaint.

The common Nettle Seeds, Blue Flag, Passion Flower and others have proved a boon to many in that disfiguring complaint, goitre.

For many splenic troubles will clear up with miraculous ease if the following are used: Black Root, Fringetree Root, Wild Yam, Vervain and Boneset.

For barrenness there is no need to eat ovarian extract of doubtful origin; Unicorn Root and Black Haw have proved their sterling qualities many times; miscarriages are easily prevented with these two Herbs.

Cola Nut, Damiana and Saw Palmetto Berries are the rejuven-

nator for the male organs and to allay excitement in both sexes Black Willow and Skullcap are the remedies par excellence.

All the physiological make up of these vitally important glands in the human body are influenced in all directions and their valuable secretions regulated by vegetable and Herbal agents. Further information can always be supplied by any qualified Herbal practitioner.

Perhaps these remedies are too simple for the regular medical profession who certainly know little or nothing about their propensities to cure.

#### HERBAL LORE AND LEGEND

##### Quaint History

By "Olitorius"

According to historians the common Nettle was introduced to England by the Roman soldiers who brought the seeds with them for their own use. They had been told how cold and damp our climate was and that it could hardly be endured. Hence they cultivated this useful Herb and rubbed the leaves over their limbs to produce warmth. The Scots seem to have found the antidote to the "sting" of the Nettle and they have an old saying: "Nettle in, Dock out; Dock run, Nettle out."

The botanical name of Rosemary means the "dew of the sea" because of the fondness of the plant for the seashore. Rosemary is always linked with remembrance (the poets have a particular fondness for its name) and was worn about the body in order to strengthen the memory. At

one time Rosemary occupied a prominent place in those early Herb gardens of the Monasteries because of its curative powers.

Horehound is the Herb that was dedicated by the Ancient Egyptians to their god Horus. It was also one of the bitter Herbs taken by the Jews at the Feast of the Passover. We know it as one of the remedies for coughs and colds but the older Herbalists attributed to it powers as an antidote to poison.

##### The Elder

One of the best Herbs we possess is the Elder—yet among legendary history it bears an evil name. Shakespeare refers to it as the tree on which Judas was hanged but Gerarde (the old 16th century Herbalist) disproves this. In general the tree was regarded as ill-omened and it was even considered unwise to sleep under one because of so-called noxious properties which it was supposed to give off.

Vervain was in ancient times a Herb of veneration and much used on ceremonial occasions. The Druids offered sacrifices to the earth before they cut the plant. This ceremony took place at a time when neither sun nor moon would be above the earth. It was ordained that before it was collected "they bestow upon the ground where it groweth honey with combes, in token of satisfaction and amends for the wrong and violence done in depriving her of so holy a Herb."

Nowadays we do not use bows and arrows in warfare but when they were so used, Herbalists had a splendid plant remedy in the Pimpernell which had powers

attributed to it of "drawing out arrows which were embedded in the flesh." And of course for the cure of persons bitten by a mad dog. Judging by the many references to mad dogs in 16th century literature, the wayfarer of the period had to keep a wary eye although there were no lack of remedies!

##### Motherwort

Motherwort is a wonderful Herb and has a great reputation. Many natives of the Far East ascribe to this plant powers of prolonging life. The story is that an emperor of China who came to the throne when seven years of age was disturbed by the prediction that he would not live to double that age. Search was made for a specific and one was found in a brew made from Motherwort. This he drank every day and lived 70 years. It is recorded that a youth who had been banned for a minor crime took up his residence in a valley where Motherwort grew in profusion and drinking nothing but water, wherein the Herb had been steeped, lived on for three centuries!

There is an old saying that when a person is ill he should sell his coat and buy Betony. All kinds of virtues were attributed to it and particularly at the time when witchcraft was common in England. In those days to be free from danger Betony was hung within the house. An extract from one of the old Herbals says: "I shall conclude with the words I found in an old manuscript 'more than all this has been proved of Betony' and another, 'it would seem a miracle to tell what experience I have of it'."

#### SAMUEL THOMSON A BIOGRAPHICAL SKETCH

By Joseph Dilke

Not long after the death of his mother, Samuel Thomson was taken ill. Following out his convictions he refused medical aid in spite of repeated attempts made to frighten him into receiving treatment from a doctor.

His argument was that as he was suffering from the same complaint that had caused his mother's death he did not want to get worse as she had done through taking doctor's medicine. So he prescribed his own remedies and recovered!

Shortly after this incident (in 1790) Thomson married. Family matters did not deter him from following out his investigations in the attempt to discover in the vegetable kingdom the most effectual means of counteracting disease.

Mrs. Thomson was subjected to continued sicknesses and a neighbouring physician was prevailed on to move nearer to the family in order to be ready for any emergency. Although Thomson was working out his system he had not yet sufficient confidence at this time to assume responsibility in serious cases.

##### First Ideas

The doctor resided there about seven years and all the time sickness was prevalent among the family. And then? "Since I have more experience," writes Thomson in his Narrative, "and become better acquainted with the subject, I am satisfied in my own mind of the cause. Whenever any of the family took a cold the doctor was sent for, who would either

bleed or give physic. Taking away blood reduced the heat and gave power to the cold they had taken which increased the disorder, and the coldness of the stomach caused canker and unhealthy secretion. Purging draws the determining powers from the surface inwardly, weakens the power of inward heat and tends to fasten disease in the system."

"Again, other consequences of such treatment are that perspiration ceases, because internal heat is the sole cause of this important evacuation, and a settled fever may take place, which will continue as long as the cold keeps the upper hand. My experience has taught me that by giving hot medicine, the internal heat was increased; and by applying the steam externally the natural perspiration was restored; and by giving medicine to clear the stomach and bowels of canker till the cold is drawn out and the heat returns, which is the turn of the fever, they will recover the digestive powers so that food alone will keep the heat where it naturally belongs, for food is the fuel that sustains the vital fire or life of man."

When his second daughter became ill and after the doctor had told him he could do no more, Thomson was driven by force of circumstances to try his skill. He succeeded and thus proved his method was correct.

#### CONSTIPATION AND AFTER RESULTS

By John Maxwell

Most diseases start in the colon, sometimes called the large bowel, the last five or six feet of the in-

testines. The whole alimentary tract is about thirty feet long, from the mouth to the anus. Through the walls of that tube have to pass all the digested materials which will enter the bloodstream. A good deal of that material passes through the millions of tiny tubes called villi, which line the small intestines.

There are two principal gateways through which the digested pabulum enters the bloodstream. One is through the portal vein into the liver, which acts as a sieve to extract from this digested material passing through that gateway, anything and everything which is not fitted to enter the arterial blood when oxidized. That which passes through the second gateway, the thoracic duct, is mostly the digested material from fats, sucked up from the small intestines by a fan-shaped mass of tubes called the lacteals which empty into the thoracic duct, a small tube about the size of a lead pencil, which extends from the lacteals, close to the front of the spine and enters the bloodstream at the left innominate vein at the base of the left side of the neck near the jugular vein.

#### Small Intestine

By far the greater part of the residue from food remains in the bowel tract, is not absorbed by the tissues, passes on through the small intestines, until, when most of the usable material has been extracted, the non-nutritious fecal matter goes through the ileo-caecal valve into the colon, just a little north of the appendix.

That is the blind end of the colon, called the cæcum, a pouch

lubricated by the secretions from the appendix.

From that point the colon ascends, the contents by a certain vermicular movement passing on upwards until the bend is reached of what is named the transverse colon, lying across the abdomen. The continuation of that, in a downward direction, is called the descending colon, which leads into the rectum.

Normally all the fecal residues should be freely discharged from rectum, a portion after every meal.

It is unusual, however, for most people to have a normal bowel action today. Our modern habits interfere with regularity of function. Denatured foods which occupy so largely a place on regular menus produce hyperacidity, which interferes with rhythmic nerve function. So many common foods, such as meats, fish, poultry, eggs, and old cheese, leave putrefying residues. White flour, white bread, produce sticky paste, which leaves a film of gluey material lining the intestines. Insufficient roughage interferes with peristaltic or wormlike action of the bowels, and the intestines become flabby, the muscle walls become weak and flatten together, the firm muscular tone, which should keep the tube well-rounded, has been lost. This makes sluggish movement, until, when the mass reaches the colon, sometimes complete stagnation follows, and the festering material becomes a highly poisonous residue.

These putrefying residues give off poisonous gases which permeate the tissues and corrupt the bloodstream. It is

difficult for the other eliminatory organs to get rid of all this debris when the bowels are clogged, constipated.

#### The Skin

The skin of most civilized people is too lazy. Our sedentary occupations are devitalizing. The skin is not called upon to raise a visible perspiration, to carry off with a good sweat several times daily, wastes that are accumulating in the body. The breathing is more shallow than normal; therefore, insufficient of the carbonic acid gas residues are eliminated when one exhales; and then the body has to use extraordinary means and ways to clear the system of poisons which would bring misery and death if allowed to remain.

There is the explanation for those spring rashes following winter's gorging and banqueting, when large quantities of food were eaten at socials, parties, and what not; and when people often eat more in order to keep warm.

In some cases our fellows have been chronic offenders, lived in dry air in over-heated rooms, year after year eating any old thing that appetite called for, and such persons do not simply have a single boil or a slight rash which heals in a few days. They got eczema or psoriasis, deeper seated troubles.

#### Clogged Up

Let the constipated condition continue, then much of the poison, accumulating day by day, is forced into some other receptacle. Thus, we have a formation of ulcers in the duodenum, the stomach, or elsewhere; in some spot that has been weakened or

abused. Sexual excess leads to a weakening of the genitals, ovarian tubes become inflamed, the blood passing through those organs being poisoned as already described, the sticky mucoid material must be deposited somewhere, some part of the tube is congested; it gradually accumulates more and more filth. Let this condition become still more chronic, more and more impurities be retained in the system, and the tumour will become cancerous, a malignant growth which defies all medical skill.

Nature Cure points the way out of such a dilemma. Drastic cleansing is needed, not by cathartics or strong purgatives; not by the surgeon's knife. That is not Nature's way.

First, stop the intake of foods which caused constipation, which left putrefying residues, which did not contain the organic mineral elements necessary for the manufacture of normal digestive juices and enzymes. Among such devitalizing and devitalized foods may be named meats, fish, poultry, coffee and tea, fried foods, white bread, white sugar, degenerated and decorticated cereals, salt, pepper, mustard, and other condiments. How often I repeat that list; how often it seems necessary to do so! How many need that warning?

Listen! It is estimated that of the people over forty years of age, in this country, one out of every five will die a horrible death with cancer. Diabetes, heart disease, arterio sclerosis are increasing by leaps and bounds.

Is your health what it should be? Have you intestinal stasis?

Are you constipated? Is it likely that you will become a victim to the many disorders enumerated which follow in the train of obstinate constipation?

If so, start to clean house. Change your diet, eat only the purest, the finest fruit, nuts and fresh vegetables. These will purify your flesh.

Get the stagnant bowels cleaned out day by day with an enema—the juice of a lemon in two quarts of lukewarm water. Take a warm bath afterwards, then to bed for a night's repose. Go to bed early. Get more rest at night, and more exercise to bring up several good sweats during the day. Keep your muscular tissues more active during your waking hours. It gives me a pain when I watch slow moving lethargic people. They are dying by inches—sometimes quicker than that. Sometimes with one foot already in the grave. Isn't it time that we were all a little more wide awake?

#### WILD CHERRY

The bark of the root is the best but the bark of the trunk is as frequently used. This is a mild, soothing, stimulating, astringent tonic to the mucous membrane especially of the respiratory organs and of the pelvic canal.

To the former it is a valuable tonic expectorant and to the latter it is a most excellent tonic, very mildly astringent if the alcoholic extract be used.

Its tonic influence is felt by the liver and gall ducts and it is serviceable in the jaundice of children. For this purpose use an aqueous extract, made by putting cold

water on the finely-cut fresh bark and frequently shaking for a few hours. Make it frequently fresh and use it very freely. It is successful.

Boiling dissipates the soothing property, but makes an excellent preparation for chronic diarrhoea.

The fresh bark is much to be preferred. Grind or pound up fine the fresh bark and put into a self-sealing jar; pour boiling hot syrup over it and seal it up. Let it stand a few days and then pour off. You have then the nicest Syrup of *Prunus* that can be made. Or it may be made in this way: take *Prunus* (Wild Cherry) 6 ounces, steep in one pint of hot water three hours. Then strain and add 1 3/4 pounds of granulated sugar and two ounces of glycerine.

*Prunus* improves the appetite, enlivens the digestion and tones the whole system. It is one of those agents whose influence may be directed to either the digestive or the respiratory organs, according to the agents with which it is combined, or the necessities of vitality in the individual case.

It quiets nervous irritability and relieves arterial excitement.

In chronic gastritis, weak digestion, typhoid fever, cholera infantum, diarrhoea, convalescence, and in diseases of the respiratory organs this agent cannot be too highly praised. In acute and irritable coughs it is a tonic expectorant of the highest value.

In most catarrh a fine powder may be used as a snuff or the infusion may be atomized. Thus inhaled it will be of much benefit also to the lungs.

#### COMMON MEDICINAL HERBS CLIVERS

Clivers is an annual Herb, several feet in length, which is very common near hedgerows or found scrambling over bushes to which it clings by means of recurved prickles.

This clinging habit is recorded by the popular names given to the plant: Hayriffe, Catchweed, Clivers, Cleavers, Bur-weed, Turkey-grass and Goose-bill.

The scientific name is *Galium Aparine*, the first word being from the Greek "gal," meaning milk, from the fact that it had long been in use to curdle milk; the second word from the Greek "apairo," meaning to lay hold of.

#### Description

The stems are angular and have a distinctive appearance, being of a straggling nature. It grows to a height of three to four feet, and is fond of supporting itself by other plants.

Leaves are very narrow and tapering towards the end; they are roughish to the touch, and possess a number of turned-back prickles.

The flowers are small, of a strong and not unpleasant odour; the colour is white. When the seed vessels are formed they will be found to possess a number of short hooked bristles which cling to passing objects and thus get carried to another district, ensuring the increase of the species.

#### Constituents

On analysis Clivers has been found to contain in addition to the usual green colouring matter (chlorophyl), starches, etc., an odorous principle called coumar-

in, the three acids citric, oxalic and rubichloric. This latter acid is found to a greater or lesser degree throughout this family of plants—the Rubiaceæ. It is used for dyeing purposes, and is extracted first by boiling and then by adding an alkali.

#### Action and Uses

The whole Herb is used, and seeing how common it is should be worthy of more attention. It is described by Lyle as a soothing, relaxing, diffusive diuretic, materially increasing the urine and relieving irritation. Potter's "Cyclopædia" says its action is aperient, diuretic, tonic and alterative.

In irritability of the bladder arising from prostatic trouble it is of some value, and in uterine irritation, too.

It is good medicine for most skin complaints, and some attention should be paid to the possibilities of it being a badly needed remedy for psoriasis. In this connection the expressed juice from the fresh Herb would probably be more effective.

Although Clivers may be used for dropsical complaints it should not be given to those suffering from diabetes. In dropsy it should be combined with equal quantities of Parsley Piert and Juniper Berries.

For stone in the bladder, boil equal proportions of Clivers, Parsley Piert, Broom and Yarrow for fifteen minutes and then drink a teacup frequently.

By itself Clivers may be used in hot or cold infusion of the usual proportion of one ounce of Herb to one pint of water. Dose: Fluid extract,  $\frac{1}{2}$  to 1 drachm;

tincture, 1 to 3 drachms; infusion, wineglassful, three or four times a day.

Incompatibilities are, albumen, gelatin, alkalies and alkaloids.

#### HERBAL RECIPES

##### NATIONAL BOTANIC PHARMACOPEIA

It is needless to remark that a text-book published under the authority of the National Association of Medical Herbalists must be good. The National Botanic Pharmacopeia (1932) was issued to meet the requirements of the busy practitioner and to be a text-book and guide to the student of Medical Botany.

The compilation was entrusted to Arthur Barker, F.N.A.M.H., D.O., and Alfred Hall, M.P.S., F.N.A.M.H., and they have ably presented a description of the more generally used plants and their medicinal properties. The object in view was to "define and fix the standard of purity of the materials used in medicine and describe the physical and chemical properties of those materials and their method of preparation."

In addition to a description of the botanical drugs and preparations there are a considerable number of Recipes, a few of which are given below. A very useful index is provided (one of the very best we know of in a work of this nature) containing an explanation of the terms used and a vocabulary of those mystic signs and symbols found on the usual prescription.

Well bound in buckram, the price is only 7s. 6d. (postage 6d.), and can be obtained from the

Book Department, 52, Bloomsbury Street, London, W.C.1. If this book had been issued by a publisher other than the N.A.M.H., the price would undoubtedly be more.

The Recipes here given are an indication of the scope of the National Botanic Pharmacopeia.

##### Composition Powder

Bayberry, in powder.... 1 oz.  
Ginger, in powder .....  $\frac{1}{2}$  oz.  
Spruce Fir, in powder.....  $\frac{1}{2}$  oz.  
Cayenne, in powder.....  $\frac{1}{2}$  oz.  
Cinnamon, in powder....  $\frac{1}{2}$  oz.  
Mix.

Dose: 15 to 60 grains.

##### Nerve Pills

Scullcap, in powder .....  $\frac{1}{2}$  oz.  
Asafetida, in powder....  $\frac{1}{2}$  oz.  
Cayenne, in powder.....  $\frac{1}{2}$  oz.  
Extract of Valerian..... 1 oz.  
Form a mass and divide into 4 grain pills.

Dose: 1 to 3 pills.

##### Mustard Poultice

Crushed Linseed..... 4 oz.  
Mustard, in powder.... 125 grs.  
Water ..... 10 fluid ounces.  
Add the Linseed gradually to the boiling water, then add the Mustard and stir.

##### Neuralgia Plaster

Fluid extract, fresh  
Mistletoe ..... 1 oz.  
Beeswax ..... 2 oz.  
Oil of Peppermint..... 4 drachms.  
Melt the wax and gradually add the Mistletoe extract; when incorporated add the Peppermint Oil and stir until cool.

##### Stomach Powder

Rhubarb Root,  
in powder ..... 2 oz.  
Marshmallow Root,  
in powder ..... 6 oz.

Ginger Root,  
in powder ..... 1 oz.  
Mix.

Dose: 15 to 60 grains.

##### Compound Yellow Dock Ointment

Yellow Dock Root, in  
coarse powder ..... 1 oz.  
Plantain Leaves, in  
coarse powder ..... 1 oz.  
Bittersweet Root, in  
coarse powder ..... 2 oz.  
Resin ..... 4 oz.  
Olive Oil ..... 8 oz.  
Beeswax ..... 4 oz.  
Heat on a water bath for one hour, strain, express and mix well.

##### Catarrh Snuff

Golden Seal,  
in powder ..... 4 drachms.  
Bayberry,  
in powder ..... 2 drachms.  
Witch Hazel,  
in powder ..... 1 drachm.  
Lobelia,  
in powder ..... 1 drachm.  
Oil of Peppermint  
..... 15 minimis.  
Mix thoroughly.

##### Influenza Powder

Ipecacuanha Root,  
in powder .....  $\frac{1}{2}$  oz.  
Elder Flowers,  
in powder ..... 2 oz.  
Peppermint Herb,  
in powder ..... 2 oz.  
Oil of Cinnamon.... 60 minimis.  
Mix.  
Dose: 5 to 15 grains.

##### HÆMATURIA

Bleeding From the Kidneys  
By R. Dootson, M. N. A. M. H.

Hæmaturia is bleeding from the renal organs, which consist of the kidneys, ureter tubes, bladder and urethra.

The kidneys are two organs which are situated at the back of the abdominal cavity on either side of the vertebræ in the lumbar regions. They are embedded in their own fat and at the front are connected with the lining of the peritoneum.

In size the kidneys are about four and a half inches long and one and a half inches wide. The average weight is about four to six ounces, being slightly heavier in the adult male.

The outer coating is called the cortex and the inner the medulla; there is a notch called the hilus into which the nerves, blood vessels, etc., are received.

The cortex is composed of a mass of convoluted urinary tubes, and blood vessels all connected together by a fine substance. The medulla consists of a number of cone-shaped bodies called pyramids, from which little tubes are connected which separate the watery substances from the blood.

The ureter tubes are the excretory ducts of the kidneys, and each has three coats or linings, muscular, mucous and fibrous. These tubes travel downwards and obliquely to the base of the bladder. The bladder is the reservoir for the urine, with an outer lining strong and elastic and an inner lining of a mucous nature. Its normal size is capable of holding twenty ounces of urine.

#### Etiology

Blood may arise from any part of the urinary apparatus or from various causes. Some of the conditions from which haematuria may arise are, neoplasm, stone,

sprain, abscess, lesion, uric acid, hypertrophy, atrophy, phthisis, gangrene, mortification and syphilitic.

#### Symptoms

These vary, and before a basis for treatment is formed an accurate diagnosis is necessary. Some of the symptoms which may arise from stone, abscesses and sprain will certainly cause great pain, while on the other hand, some of the symptoms which may cause haematuria will be practically without pain on dispensing with the discharges. A definite diagnosis, therefore, is necessary before treatment is administered.

#### Treatment

Treatment must be given according to the correct diagnosis of the case. If it is caused by stone, then first of all treatment must be for the removal of the stone. Therefore such medicine which consists of Parsley, Breakstone, Wild Carrot, Buchu and Pellitory should be given. Take F.E.,  $\frac{1}{4}$  oz. of each to 12 oz. of water. Dose one tablespoonful every three hours. Also apply hot fomentations of Ragwort and Lobelia. A Vervain emetic once a day and a vapour bath twice a week may be given too. After removal of the stone give astringent medicine and anti-septics: Comfrey, Bur-Marigold, Witch Hazel, Bayberry, Clowns Woundwort and Marshmallows. The decoction is preferred, a quarter ounce of each and boil in three pints of water for ten minutes. Dose, a wineglassful every three hours.

#### HOW TO REMAIN YOUNG PSYCHOLOGICAL TRUTHS EXPLAINED

By Gretta McKeogh, N. D.

There are so many authentic records of long life well over the century mark, that the question naturally arises: "Why do comparatively few people today live over sixty years?" Early death is common. In one of Plutarch's essays, he writes: "The Ancient Britons began to grow old at 120 years." **Began to grow old!**

It is now the twentieth century. Why this general decline in length of life? Did the ancients live life to live it longer? Do we moderns live life to cut it shorter? What strange secret is possessed by those who even in this age of rush, still attain to the century mark?

If we go back to the patriarchal times, the length of men's lives, as stated in the Bible, seems to be impossible. We are told that years were not measured then as now, but even if this statement is allowed, the fact remains that they had sufficient sense of comparative time to be able to give a different computation of the various spans of life recorded. In more recent times we have the case of the Englishman, Thomas Parr, who died in London in 1625, having reached the age of 152 years. In all probability he would have lived longer but for the change in his diet and method of life following his arrival in London.

#### 185 Years Old!

José Calvario died at Tuxpan, Mexico, in 1912, and his age of 185 years was fully established by Church Records. This man was

nearly fifty when the American Declaration of Independence was signed. He had never been vaccinated, nor inoculated, and he lived on fruits and berries in the pure air of his mountain home. According to the American press, he was active up to the time of his death. Many other examples of longevity are recorded, with the significant fact that the people concerned were active to the end, and therefore full of vitality, with consequent youthfulness of mind and body. In the case of Moses, it was thought worthy of recording in the Scriptures (Deuteronomy) that when he died at the age of 120 years he still possessed his bodily powers, "his eye was not dim, neither were his teeth moved."

With the wealth of information given today by Psychologists and Nature Cure Practitioners, it should be an easy matter to remain in full possession of one's mental and physical powers to the end.

That this attainment is possible, gives the lie to the prevalent notion that a man or woman is too old for a job at forty. If this be true, why does not the head of a firm retire on the same charge of age-decline? If an employee with valuable years of experience is too old for his work at that age, is the controlling brain at the head of a firm in the case of a man or woman of forty and over, of a more enduring type?

What is spoken of as "old age" is conditional solely on the attitude of the mind, and the state of the body. Since animals in their native state live up to seven

times the length of time it takes for them to reach maturity, the conclusion is obvious.

#### Racial Experience

Food is the most important single factor in relation to health. Correctly selected and combined foods will keep the body young, soft and supple, regardless of the number of years lived, provided the mind is happy, but, labouring under the delusion that our present methods of feeding and of living represent the wisdom of thousands of years racial experience, many people feel that because a custom is old it is therefore correct. I use the word "feel" deliberately, because such people never stop to **think**. They will tell you "the foods that were good enough for my father, and for his father before him, are therefore good enough for me." From the health point of view, nothing could be farther from the truth. The Psychologist and the Naturopath who starts out to teach a patient the rules governing the health of mind and body is up against these age-old traditions, and is regarded as severe, because certain things are ruled out, and others insisted on. The Laws of Nature are, however, definite; her penalties are inexorable, and if not immediate, they are nevertheless certain.

You may think you can, with impunity, eat whatever you fancy, drink whatever you like, do with a minimum of sleep and relaxation, and side-step all the Laws of Nature. But, you deceive yourself. For a time, maybe, you will seem to get along quite well, and you may even smile with amused tolerance at the man or woman

who insists on observing recognised Laws of Life, but ultimately Nature will present her bill—and pay you must. You will then realize that is better to be considered a crank by the ignorant, than to be regarded as a crock by the initiated.

#### Joy of Living

If we look around among our friends and acquaintances and contrast the personality of the man or woman who lives and eats correctly, with that of the individual who lives and eats indiscriminately we see, on the one hand, the magnetic attraction and beauty of health—the clear, sparkling eyes. On the other side, we see a pale, muddy complexion, dull eyes, stiff joints, and the various other manifestations that the old age process is already in operation. Ask anyone who through Naturopathy has recaptured the joy of living with the recapture of good health, and he will testify to the fact that health is the reward of fidelity to the Laws of Nature. That living in accordance with these laws, one can remain vital to the end.

On all sides we witness the results of the devitalized foods with which the average eater tortures his body. The meat enthusiast will tell you that the eating of flesh is necessary in order to keep up his strength—to maintain his activity. But, if this be so, how account for the strength of the gorilla, the most formidable amongst our nearest of kin? Or for that of the elephant, the ox or the horse? How explain the fleetness of the deer? How account for the better health, the higher efficiency, the greater im-

munity from disease of the non-flesh eater?

#### Cause and Effect

Unless we are in the last stages of illness, when vitality is low indeed, there is always hope. The body possesses wonderful power, stamina and ability, and if we conform to the Laws of Nature and remain faithful to them there is every expectation of long life. Disease does not come because of age. It comes because we invite it. It comes from the seeds we sow within the body as a result of our conduct. "As ye sow . . . you shall reap." This is the fixed Law of Cause and Effect, applying to everything that we do. This law is called in the East, "the law of Karma, or the Come-back." There is no such thing as an iron constitution. There are such things as flesh and blood, and we know that "the blood is the life." The strongest constitution in the world must eventually give way as a result of repeated violation of Nature's Laws. Make no mistake on this point. The Law of Consequence operates everywhere in Nature. You are part of Nature, therefore you are subject to the universality of this law.

But some will object: "Since the possession of good health involves so much going against generally conceived notions, is it worth it?" I answer: "If you knew that by a continuance of your present methods of feeding and of living, you were going to die in a few years, or at best, that you were heading for a life of invalidism, and someone were to tell you that a method exists whereby death can be postponed,

the powers of the body renewed, and health restored, would you consider it worth your while?" Thought is the spring of action, conviction, the driving force of decision. This is a question worth serious consideration—to be answered in the light of reality.

#### Inherited Delusion

How often one hears this expression from the sick: "Ah, well, I suppose one has to expect these sort of things at my time of life." One has to expect. These people are the victims of inherited racial delusion. They believe that when they get to a certain stage in life, they have "to expect these sort of things." Acting as a powerful hetero-suggestion, this accepted belief, breeding in turn confident expectation, causes such victims to anticipate "these sort of things." "That which I feared," wrote the Biblical Scribe, "has come upon me." In so writing he revealed that little-known psychological law—The Law of Mental Attraction.

In America, the more advanced of their Modern Psychologists are teaching the masses to adopt a newer and more rational attitude with regard to the subject of age, and to get away from "Old Thought." They will tell you that age as a time measurement is of no importance. As a means of all-around development, yes! Not "How old are you?" but "How developed are you?" The old-age auto-suggestion is deadly and cramping in effects. In all spheres of activity this incessantly implanted suggestion of age-decline is to be found. The vicious circle starts in childhood. We start to count the "age" of the infant

soon after birth. By the time the child is six or seven, it has learnt in many ways the adult attitude towards age distinction, so that when in the course of time some particular age is mentioned certain notions of sickness or decline are called up. The Law of Association is in full operation.

Quoting Baudouin, the distinguished authority on the science of suggestion: "Auto-suggestion can operate upon us with incalculable power. Now, if we permit this force to work spontaneously, in default of rational guidance, disastrous consequences may ensue, and do in fact often ensue."

#### SCRIPTURE HERBAL

##### Calamus or Sweet Cane

Exodus, xxx, 23 Isaiah, xiiii, 24.

Song of Solomon, ix, 14.

Ezekiel, xxvii, 19.

By Arthur Barker, F. N. A. M. H.

Clusius, in the researches he made concerning the medicinal plants of the Far East, was of course anxious to ascertain the country of the true Sweet Calamus, and to obtain a sight of the plant. However, his success was small. That it was brought from India, or its borders, appears certain; for the Venetians, who used it in the composition of their famous treacle, made no secret at all of the places whence they got it, and those were the markets to which the Arabs trading to India resorted. In 1595, the Frisian physician, Bernhard Paludanus, gave Clusius a fragment of the Sweet Cane, which he himself had brought from the East. Clusius figured it in his work, and

Gerard has represented it in his work, and Gerard has represented it in his Herbal, probably from the same wood-block. This explanation, however, just suffices to show that it was a small cane, but there is no indication of the species; and Gerard says that another piece Clusius had from Antony Colina, the most learned apothecary of his day, was not more satisfactory.

The merchants, of whom Clusius enquired, told him that their Sweet Cane was reported to grow about Libanus and Anti-Libanus; and certainly there is a sweet rush or schoenus, called Camel's Hay, which is very fragrant and abounds there. But this cannot be the Sweet Calamus at all from a far country, equal with the best species spoken of in Scripture; nor does the Arabian camel's hay which Hasselquist calls a Schoenanthus, and tells us grows near Limbo in Arabia Petraea, fulfil the conditions on which we can accept it as the true Calamus aromaticus. But the Andropogon, which Royle calls Calamus aromaticus, and which Sir Gilbert Blane and his brother believed to be spikenard, does so in every particular. It is from a far country; is very fragrant in itself, and the aromatic oil obtained from it would contribute to the odour of the costly perfume which Moses was enjoined to make, according to the art of the apothecary, for the service of the tabernacle.

Arrian's story, if true, that the Phoenician soldiers in Alexander's army, when on the borders of India, gathered the sweet-scented grass which the soldiers trod

underfoot, and carried it to their country for merchandise, applies at least as well to the Sweet Calamus as to the Spikenard, for they were sought after almost in an equal degree by the ancient apothecaries; and the modern Europeans, down to a late period, perhaps even preferred the Sweet Cane, as it was an ingredient in their theriacum.

There are numerous aromatic canes and grasses in India, besides the Andropogen in question; one of the most remarkable of which is the Koosa Grass, of which so much use is made, both by the natives and Europeans, to temper the hard hot winds in the warm season.

The roots are woven for this purpose very neatly and ingeniously into screens or mats, which are sprinkled with water and suspended before the open doors or windows, so that the breeze in passing through them is cooled, and regains a portion of its healthy elasticity, while a slight but very agreeable fragrance is diffused all around.

The roots of Koosa Grass have the property of repelling insects, and are therefore laid among clothes of every kind, and the whole plant is highly valued and much cultivated in Brahmin villages.

In that ancient fable book the "Hetopadesa," the Koosa is considered as an emblem of sanctity; and, wherever a tiger is made to play the Hypocrite, he always approaches his intended victim with a blade of Koosa Grass in his hand, which he holds out as a kind of flag of truce.

Besides these, Dr. Royle men-

tions several grasses from which fragrant and medicinal oils are extracted, and hints at more not yet perfectly known to European botanists, who are constantly thwarted in their enquiries concerning the plants yielding the drugs of commerce, by the jealousy of the traffickers in those matters.

Calamus is an excellent plant, part used is the root, its action is Aromatic, Carminative, Stomachic; it is very useful in flatulence, colic, dyspepsia. Many people with dyspepsia chew the root of Calamus, and have found great benefit from it.

It is useful in many complaints; no household can afford to rule it out from their medical chest.

##### Camphor

Laurus Camphora of Linnæus—

Dryobalanops Camphora of Colebrooke.

Song of Solomon, i. 14; iv. 13.

The Song of Solomon holds the key to Camphire, it is not named anywhere else in Scripture; where many perfumes, of the richest and choicest kind, are brought together to furnish comparisons, or rather allegories, of the wide spreading and beneficent influence of the Church of Christ.

Camphire is much more than a perfume; it has always been believed powerful to purify the air, and cleanse it from foul and infectious qualities, and thus it is doubly proper for the purpose of the text.

The two sorts of Camphire mentioned above are produced by very different trees, but the fatty gum or resin of both has practically the same properties except

that the Camphor of the Dryobalanops, being somewhat harder, does not so readily waste away in the open air.

The Camphor of the Dryobalanops is very precious; it is mostly reserved for the consumption of the mandarins of China and Japan, and hardly ever finds its way to Europe. The plant is a native of Sumatra and Borneo. It is a very large and lovely tree, and within the trunk large cavities are found, containing both oil and Camphor. The oil is supposed to be the first state of the Camphor, which is found in solid heaps as large as a man's leg, weighing thirteen or fourteen pounds.

If Solomon, as the texts seem to imply, planted Camphor in his vineyards of Engeddi, it was most probably the Laurus Camphora, which was, perhaps, better suited by the climate, and much easier to procure. It is cultivated all over the South of India, and furnishes the Camphor of commerce.

#### Lign Aloes

By Arthur Barker, F. N. A. M. H.

Numb. xxiv. 6.

A description of the various species of Aloes will be helpful to us. The Aloe Spicata, or Spiked Aloe, inhabits the southern parts of Africa, where it grows in sandy soil. The stem is woody, round, and some four feet in height, from three to five inches in diameter; leaves thick, fleshy, subverticillate, broad at the base, gradually narrowing to the point, full two feet long, channelled, distantly toothed.

with a few white spots; their parenchyma almost colourless. Spike about one foot long, very compact; flowers, scarlet, horizontal, campanulate, filled with a purplish honey. The three petals broader, ovate, obtuse, white with a triple green line; sepals narrower, less concave. Stamens much longer than the perianth.

Aloe Socotrina inhabits the island of Socotra; stem woody, straight, one and one-half feet high, or more, naked below, where it is strongly marked with the scars of leaves. Leaves amplexicaul, ascending, ensiform, green, curved inward at the point, convex below, rather concave above, marked with numerous small white marginal serratures; parenchyma abounding in a bright brownish-yellow juice. Raceme cylindrical, unbranched; flowers scarlet at the base, pale in the middle, green at the point. Stamens unequal, three of them longer than the flowers. Aloe Vulgaris grows in the East Indies and Barbary; is now cultivated in some of the southern sections of Europe. Stem woody, simple, cylindrical, short; leaves fleshy, amplexicaul, first spreading, then ascending, lanceolate, glaucous-green, flat above, convex below, armed with hard, distant, reddish spines perpendicular to the margin, a little mottled with darker colour; parenchyma slightly coloured brown, and very distinct from the tough, leathery cuticle. Scape axillary, glaucous, reddish, branched. Spike cylindrical-ovate. Flowers at first erect, then spreading, afterward pendulous, yellow, not longer than the stamens.

There are several other species which furnish the medicinal aloes, but the three above described will yield the principal portions.

The mucilaginous juice expressed from the parenchymatous tissue of the leaves has no remedial influences; but only that which is procured by incising the air-ducts of the leaves, transversely, so that the juice may flow from them, or from the intercellular structure between them.

**History.**—Cape Aloes has a glossy or resinous fracture, a deep brown colour, accompanied with a greenish tinge, shining, smooth surface; thin scales of it are nearly transparent, having a ruby colour. Its odour is more powerful and somewhat unpleasant than the Barbadoes Aloes; its taste is peculiar and very bitter; its powder is bright yellow, somewhat like gamboge, but having a greenish tint. The finer East Indian varieties are sometimes confounded with the Socotrine. Socotrine Aloes consists of small angular fragments of a yellowish or garnet-red colour, a shining and unequal fracture, frequently roughish, a peculiar fragrant odour, and a bitter disagreeable taste, though accompanied with some aromatic flavour. It is hard and friable in the winter, somewhat plastic in summer, and growing soft between the fingers; easily pulverizable; and when reduced to powder, of a bright golden colour. Aloes of superior value, whether from the Island of Socotra, or not, are commercially designated as Socotrine Aloes. Aloes is almost completely dissolved in boiling water, and as the decoction cools, the substance

called resin, but which is the inert apothecary, is deposited. Socotrine Aloes contains 85 per cent. of bitter extractive or aloetin, 8 per cent. of albumen, and 4.5 per cent. of various salts, such as ultmate of potassa, sulphate of lime, gallic acid, etc.

**Properties and Uses.** — Tonic, purgative, emmenagogue, antihelmintic. In doses half a grain to a grain, two to three times a day, it exerts a decided tonic influence, but is seldom resorted to for this purpose. As a laxative and purgative, its applications are unbounded; it acts more especially on the muscular coat of the large intestines, rather increasing their peristaltic motion than effecting copious watery discharges; and from its tendency to produce heat and irritation about the anus, it is extremely improper for persons disposed to, or troubled with piles. Aloes should never be given in inflammatory affections, in irritable, plethoric habits, in gastritis, enteritis, where piles are present, to females liable to sudden uterine evacuations, nor during pregnancy. As a cathartic Aloes will be found useful in habitual constipation from intestinal torpor, jaundice, scrofula, hypochondriasis, and where there is a tendency to cerebral congestion. Dose of Aloes from two to ten grains, the most convenient form of administration is that of pill. It finds its way into a great number of useful compound remedies. We have the Decoctum Aloes Compositum; Enema Aloes Composita; Extractum Colocynthidis Compositum, Pilulæ Aloes Compositæ; Tinctura Aloes;

Tinctura Aloes et Myrrhae. It is most valuable if properly used.

Many centuries elapsed from the time when the precious fragrant Aloe-wood was first noticed by the ancients before any probable conjecture concerning the tree producing it, or the region in which it grows, could be formed. At length the European merchants and missionaries discovered that the precious incense, Lignum Aloes, was produced in the peninsula of India, beyond the Ganges, and in the Eastern islands. Father Loureiro had a branch of the tree, from which he describes it, sent him from Cochin-China, where he was informed it grew among the mountains in the neighbourhood of the great river Laoum; a situation agreeing most remarkably with the words of the text: "As gardens by the river's side; as the trees of Lign Aloes which the Lord hath planted." The account Loureiro published at Lisbon of his Alcexylon Agallochum was not so exact as that given by Kaempfer in his voyage to Japan, probably because Loureiro had only a mutilated specimen before him, and Kaempfer had a whole young tree. They were both surpassed in accuracy by Cuningham, who, about the time when Kaempfer went to Japan, was employed by the East Indian Company on the frontier of China. In his travels he must have seen the tree, for he gave a most exact description of its fruit.

Still there were different opinions concerning the true Aloe-wood, because those who furnished merchants with the drug in a marketable shape were careless,

perhaps ignorant, of the plant which produced the commodity. One missionary, Father Camel-lus, having written that the juice of the bark of the Agallochum was acrid and injurious to the eyes, a tree which possesses that noxious quality, and also yields a perfume something resembling Lign Aloes, but very inferior, namely, the Excoecaria Agallochum, was taken for the real tree of incense. At length some young trees, which had been sent from the mountainous part of Silhet to the Botanic Garden of Calcutta, produced flowers and fruit in the years 1809 and 1810, under the care of Dr. Roxburgh, whose account of the plant and the manner of obtaining the precious parts of it, was published in the "Medical Herbalist" in 1812. It is a native of the mountainous parts of the East and South-East of Eilhet, in about latitude 24° north; where it grows to the height of one hundred and twenty feet, having a trunk of twelve feet in girth. In Assam it is of still larger growth. The bark of the trunk is smooth and ash-coloured; that of the branches grey, lightly striped with brown. The branches themselves are each divided into two at the extremities, and the young shoots are covered with white silky hairs. The wood is white, very light and soft. It is totally without smell, and the leaves, bark and flowers are equally inodorous. The leaves are of a beautiful deep shiny green, lance-shaped, from three to six inches long. The flowers, which are small and yellowish, grow in tassels of thirty or forty together, almost close to

the branches and between the alternate foot-stalks of the leaves. The fruit is a sort of downy pale green berry, containing two cells for seeds, one of which is often empty.

The Utter Aggur incense, or perfume of the Lign Aloes, is procured from the wood when in a peculiar state, and the procuring of it is a precarious and tedious business. Few trees contain any of it; and such as do have it very partially distributed in the trunk and branches. The people employed in cutting it go two or three days' journeys into the hill country of Jentya, in dry season, and hew down without choice all the Tuggur trees, as they call them, young and old, fresh and withered, the latter being much preferred. In order to find the Aggur, or fragrant part, the moment a tree is felled they chip off the bark and cut into the wood until they find some dark-coloured vein, which generally encloses, in the very centre of the trunk or branch, a hollow wherein is deposited the oily substance sought for. This dark portion of the tree sinks immediately in water and fetches a high price; it is called Gharkhi. That which is next, and retains some of the perfume, sinks, but not deep; and this is Nim Gharkhi. And there are still two other portions of different degrees of scent, which are saleable, though they fetch only one-sixteenth of the price of the first. These last are both called Temlah.

It appears from Mr. Colebrooke's notes that, in some places at least, the decay of the timber necessary to form the se-

cretion of the Utter, or fragrant oil, is accelerated by burying it in moist ground for a certain time. When dug up the dark parts are found to have acquired, besides a deeper colour, a glossy appearance, and the whole sinks in water; the precious veins are separated from the less valuable portion with an iron instrument, and the rest of the wood is sorted into the three inferior kinds, as in the naturally decayed trees. The oil is extracted by bruising the wood and then laying it in water for a certain time, when the whole is distilled, and the produce of the still in cooling yields the essential oil. An inferior perfume, called Chuwah Aggur, is prepared from the residue of the Aloe-wood after its first distillation, with the addition of a few bruised almonds or powdered sandalwood. Some of the choicest pieces of the Lignum Aloes sell for their weight in gold. They seem to have no smell until warmed by holding in the hand, when they become dewy, and exhale a most delicious odour, which does not soon go off. Some fragments of a piece of Lignum Aloes which had been in England for several years, and appeared to have lost its smell, were burnt in a chamber, where at first they appeared to give out no fragrance, but shortly afterwards the perfume was perceived and it did not go off for some time. Besides the uses of Lign Aloes as perfume for man and incense for the altar, it has been employed from time immemorial as a valuable medicine. The Greek physicians knew it under the name of Agallochum, taken from the native word Agu-

ruca; and the Arab writers copied the Greek and called it Agalugi. It is very curious that the generic name, Aquilaria, should be derived from the Portuguese imitation of the same Indian name Aguru, or Agalu, in some dialects, and thus becoming Pao d'Aquila, or eagle-wood; the genus is Aquilaria, eagle-wood, the species Agallocha, also eagle-wood. Rosaries, or strings of beads, of two kinds of eagle-wood, were brought into England in the time of Gerard, who says that one sort was harder, sweeter and whiter than the other. These are used in the East by both Brahmins and Mahomedans to count their prayers in the same manner as the Western nuns and monks use their beads. These have sometimes been taken for sandal-wood, because in truth that fragrant wood is often applied to the same purpose. It is perhaps from this fact that some writers have supposed sandal-wood to be meant where the fragrant wood of Aloes is mentioned in Scripture. The fragrant root of the Aspalathus of the ancients has also been taken for Lignum Aloes; but all these conjectures have been put an end to by the discoveries of Loureiro, Dr. Roxburgh and his friends in Bengal.

It is most probable that the following texts, where our version simply names Aloes, really allude to Lign Aloes; Psalm, xlv. 5; Proverbs, vii. 17; Song of Solomon, iv. 14. The Psalmist, speaking figuratively of Christ, says, "All Thy garments smell of myrrh, Aloes and Cassia." In the Proverbs of Solomon the seduc-

ing woman is made to say, "I have perfumed my bed with myrrh, aloes and cinnamon." And again, in Canticles, the same royal poet couples together myrrh and Aloes as things of equal price and coming from the same distant land. Whoever wishes to learn whatever the ancient Greek and Roman writers, or the Rabbins of old, and the Arabian physicians, have said and conjectured concerning the Agalochum, or Lignum Aloes, will do well to consult Celsius's most learned dissertation in the Hierobotanicon, and copy from his pages this quotation from Abu Mansul al Thalebi's praise of India: "From her seas come the pearl, and her mountains produce jacinths. Her trees are Lign Aloes, and her bushes are fragrant with camphor."

#### FROM A WEED

Shepherd's Purse doesn't appear at flower shows. It is not, as blooms go, a flower at all. Millions have seen it spread over American countrysides, and many have asked the name of its white flowers only to be told: "It's just a weed."

From this weed science now has obtained a chemical which checks bleeding, a chemical which even has worked with hemophiliacs—persons who, like the Spanish Bourbons, are in constant danger of bleeding to death from the slightest cut because their blood lacks the power to clot and heal.

Still more important is the value of the new discovery to surgery. It makes possible almost bloodless operations. Not on theory, but upon test. The dis-

covery, by two young Philadelphians—Dr. Arthur Steinberg, and Dr. William R. Brown—was announced publicly on Saturday at a meeting of the American Physiological Society in Toronto. But its disclosure followed four years of extensive experiments and trials and a remarkable record of success.

Like the discovery of quinine, this new find was largely an accident—yet with a curious link to the past. For America's pioneers

#### NO. 54. OLD TAMARACK'S BRACER (With Liquor)

This is a combination of Roots, Bark, and Berries scientifically compounded to produce an agreeable, bracing Elixir, especially appreciated by hunters, trappers and the aged, who are so often exposed to inclement weather and feel the need of a bracer.

Juniper Berries  
Sassafras Bark  
Ginger Root  
Birch Bark  
Herb of the Sun  
Mexican Mate (Boteka)

*Directions*—Take equal parts of the above, mix thoroughly and then take a teaspoonful of the mixture, place into a cupful of boiling hot water, allow to rest until cool; strain and drink a large mouthful or the whole cupful at a time as desired.

*Old Tamarack's Method*—Place a tea-cupful of the herb mixture in a pint fruit jar. Pour on just enough hot water to cover the herb mixture (about 1½ cups), and let stand 2 hours; add a pint of the best bonded whiskey, brandy, gin or wine. Strain. This makes a very pleasant bracer—with just enough bitterness to be appetizing.

Honey may be added to improve the flavor.

Price per box is only \$1.00—sufficient to make a gallon.

#### SAVORY SEEDS

The general uses mentioned with savory seeds are by no means complete. They may be used with any food where the flavor of a particular seed is desired. We can supply any seed listed at 25c per box each.

also discovered, by accident, that Shepherd's Weed somehow curbed excessive bleeding. But, then, in those days it was just an "herb" and "herb doctors" had a bad name.

Now humanity finds a precious boon, spread by nature as if in defiant challenge, in abundance before our eyes. Mankind may well feel grateful—and humble.

From "Philadelphia Record."  
Submitted by J. F. C., Middletown, Pa.

**ANISE.** Used in flavoring cookies, pastries, soup, beets, salads, liquors and cordials.

**CARAWAY.** Used in flavoring roast goose, duck and pork; bakery, black bread, salt rolls and sticks; Kuemmel and liqueurs, cottage cheese, cheeses, sauerkraut, roast apples, Hungarian goulash, etc. Caraway may also be used with Thyme, Marjoram and Savory.

**CARDAMON.** Used in flavoring cookies, cakes, candies, curry powders and liqueurs. It is said the Syrians use one or two of these highly aromatic (whole) seeds with coffee.

**CELERY.** Used in flavoring catsup, pickles, soups, french dressings, salads, sauces, gravies, cabbage and beet dishes. Also used with spicy herbs, Basil, Tarragon, Marjoram.

**CORIANDER.** Used in flavoring bakery pastries, confections, sausage, pickles, cordials, liqueurs, etc. Also used with Savory, Marjoram and Thyme.

**CUMIN.** Used in flavoring liqueurs, pastries, baking, soups, salads, meats, cheese, sauerkraut and spicy dishes. Fine with culinary herbs.

**DILL.** Used in flavoring vinegar, pickles, sauces, gravies, soups, fish, etc.

**FENNEL.** Used in flavoring, black bread, sauerkraut, soups, fish, and sauces. Fennel is also used with culinary herbs.

**MUSTARD—BLACK OR WHITE.** The Black Mustard Seed is stronger than White. They are used in sauces, pickles and curry powders. Ground Mustard Seed is particularly fine with Sage when rubbed on pork roast.

**POPPY.** Used on cookies, cakes, bread, rolls, etc.

## A FEW PAGES FROM THE MIDDLE AGES

Glance at the opposite pages—and one is reminiscent of the medieval ages. These pages are exact photographic reproductions from an old German Herbal published in the year 1595 in my possession that I value among my most cherished possessions. Upon careful observation any botanist is struck with the expert reproduction of the illustrations. So true to the natural product are they that our modern engravers could not improve on them. But to the botanic physician there are other peculiarities that are revealed to him that perhaps pass unnoticed by the average individual. I refer to the therapeutic value of the drugs illustrated. The U. S. Dispensatory's latest edition ascribes almost the same virtues to these botanicals as these ancients discovered centuries ago.

## LIVE RED ANTS TO CURE RHEUMATISM

I have been in the practice of medicine for over thirty years and practically all of this time concurred in the thought with many others of my colleagues that the uric acid theory was correct, in that it was the cause of rheumatism, arthritis and kindred diseases, until I awoke to the fact that uric acid goes on continuously and never ceases from birth to death. It is found in the newborn infant, in middle life and old age, a natural constituent of the urine and is the result of breaking down of certain tissues

and certain foods eaten, a normal physiological condition and essential to normal health. It is taken up with other waste material and eliminated through the kidneys and bowels and a small amount is carried off by the sweat glands in the form of perspiration. I therefore arrived at the conclusion: if uric acid could be associated with the disease in excess quantities it would be the result of and not the cause.

My theory is, that due to a lack of metabolism, putrefactive changes take place in the intestinal tract and poisonous toxins, known as Indol, Skatol and other unclassified types are created and develop. Due to an intestinal stasis, the inevitable result is an impure bloodstream.

Therefore, to get results we must change the consistency of the bloodstream and at the same time inhibit the growth of bacteria and this is why the Live Red Ants method has been so successful since July 1, 1936, in the treatment of rheumatism, arthritis, lumbago, sciatica, neuralgia and neuritis.

There is estimated between twelve and fifteen million victims of arthritis in the United States. This is recognized as the most crippling that chronic disease presents. Any attempt to alleviate the suffering from the appalling condition should have the whole-hearted cooperation of every man, woman and child.

I might add that the Live Red Ants method of treatment contains no protein or protein derivatives, hence no distressing reactions.

## Von den Baum- und Staud-Gewächsen. 281

*Phillyrea folio Alaterni*; item *folio Ilicis*, J. B. 1. 541. Ist ein Gesäude, so bald höher, bald niedriger gefunden wird, hat breite, dicke, feste grüne, an dem Umkreise etwas stachliche und scharfe Blätter, welche eines schwärzlichen, bitterlichen und etwas zusammenziehenden Geschmacks. Die Beeren oder Frucht hängt Traubchenweise zwischen den Blättern, in der Größe der Petersilie-Körner, ist schwarz, und eines scharfen Geschmacks, auch mit einem Stein-harten Kerne begabt. Es wächst in dem Königreiche Portugal, hin und wieder in denen Hagen:

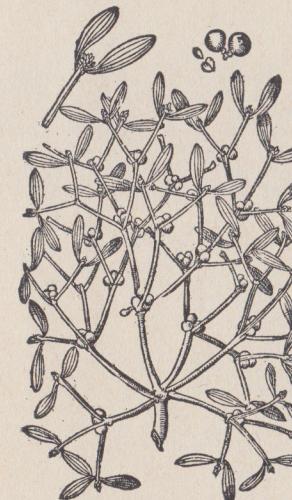
JOHANNES RAJUS hat sie auch in Italien in den Florentinischen Groß-Herzogthum auf festlichen Orten gefunden.

Alle diese Stein-Linden gründen immerdar, daher man die Häge dieser Gärten damit ziert, und obwohl sie ein süßiges, ödliches, nutzliches Salz neben trübsamen, rauhen Thelen in sich verborgen halten, so werden sie doch in der Arzney bey uns nicht gebraucht. Daher wir die übrigen Species bezüglich, nicht für nötig achten, dieselben können aber in hemellden Autoren nachgeschlagen werden.

### CAPUT CXXXV.

Mistel. Viscum.

Schweizerische Mistel mit vielen Beeren.  
*Helveticum Viscum polycoccon.*



### Nahmen.

**M**istel oder Wipfel heißt Griechisch, ισης, Th. 2. cauf. 23. Diosc. lib. 3. cap. 103. Lateinisch, *Viscum*, *Viscus*. Italiänisch, *Vifco*. Französisch, *Guiseppe*, *Liga*, *Litia*, *Vifco*. Englisch, *Mistletoe*, und *Mistel*. Niderländisch, *Maertendien*.

*Folia conjugata*, *angusta*, *oblonga*; *Flos monopetal*, *pelviformis*, *quadridius*, *verrucis coniferus*, *mas*; *Ovarium alio à florae loco natum*, *tenerum*, *quatuor foliolis succinctum*, *fit bacca subrotunda*, *glutina plena*, *continens semen planum*, *cordatum*. B. J. A.

### Gestalt.

Der Mistel ist männlich bekannt. Er wächst auf vielen Bäumen, mit zähen, bisweilen eines kleinen Fingers dicken und durch einander geschrägten Astlein. Die Blätter sind bleichgrün, bisweilen gelblich, ablang, dick, rundlich, seit, eines füßen, scharflichen Geschmacks. Er bringt auch seine Blüthe, theils

bey denen Knöldeln, theils an denen äußersten Astlein; diese Blüthlein sind klein, gelb, und in vier Theile zerrennet, welche hernach in kleine, weisse, durchsichtige, gefreiste Beerelein auswachsen, die mit einem schleimlichen, liebigen Saft angefüllt, ein und etwas unlieblichen, wenigen Geruchs, und etwas amüthigen Geschmacks. In einem jeden Beerelein steht ein silberfarber, breiter, flacher Same, in der Form eines Herzens. Aus dem Saft solcher Beeren wird der Vogel-Leim zubereitet. Er wächst auf vielen Bäumen: Als auf der Hasel-Staude, dem Linden- und Eich-Bäume, welche drey für die besten gehalten werden; Item auf dem Ahorn-Ast-Baumen- und Ulmen-Baume und andern mehr. Da die Apfel und Birnen-Bäume sind davon auch nicht befreit. JOHANNES BAUINUS meldet noch von vielen andern Bäumen, darauf er diesen Mistel gefunden. Er grünnet immerdar, auch den Winter durch auf denen Bäumen, und ist also schwer zu glauben, dass er auf dem Eich-Baume seine Blätter in dem Winter fallen lasse. Er blühet

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## Das Erste Buch

blühet im Frühlinge, gegen dem Herbst bringt er seine Beeren, welche hernach den Winter durch dauen, und an dem Gewächse bleiben, da sie dem denigen Vogeln zur Speise dienen, und dieses ist *Vilcus Quernus & alior. Árborum.* J. B. 1. 2. 89. *Vilcum, baccis albis,* C. B. P. 423. T. 610. B. J. A. II. 228. *Vilcum,* Dod. pag. 826. *Vilcum,* Ger. Raj. H. 1583. *Vilcum vul-* gare, Park.

Wenn nun hieraus klarlich zu sehen, daß der Mistel ein vollkommenes Gewächs ist, so soll man auch dem *ARISTOTELI, PLINIO,* und übrigen alten Natur-Kundigern die Ehre geben, und demjenigen, was sie in ihren Schriften hinterlassen, Glauben zu stellen, daß nemlich der Mistel nicht aus dem Unrat gewisser Vogeln, welche andere Beeren esen, sondern vielmehr aus seinem eigenen Samen, der von denen Vogeln, welche die Mistel-Beeren gefest, auf die Bäume durch den Unrat geworfen wird herkommen. Welches dann ein jeder ersahen kan, wenn er mit die Samen des Mistels in die außergewöhnliche Rinde anderer Bäumen vergraben, woraus sie bald wachsen werden. Es hat auch noch eine Art des Mistels mit rothen Beeren, welche nach *CLOSTII Bericht* in Hispanien auf denen Oehl-Bäumen wachsen solle. *Vilcum baccis rubris,* C. B. P. 423. Raj. H. 1584. T. 610.

So hat man in Indien auch Mistel auf denen Bäumen gefunden, welcher unsern Misteln ganz ähnlich ist, *Vilcum senis circulis utrinque incutipit.* C. B. P. 428. *Vilcum Indicum,* J. B. 1. 2. 95. Ger. Park. Raj. H. 1584. und *Vilc. Indic. alterum.* lidem. I. c.

Der berühmte *BONTIUS* beschreibt in gleich einer Gattung des auf dem Eich-Baume, Kati von denen Indianern genannt, wachsenden Mistels, welcher der Haars-Wurzel ähnlich sein solle, und deswegen von ihm *Sedum arborecens* Bont. von andern aber *Frutes parasiticus, baccifer Sempervivi emulius flore odoratissimo.* Raj. H. 1585. genannt wird.

## Eigenschaft.

Aller Mistel insgemein, sonderlich aber der Eichel-, Linden- und Haselzuden-Mistel, hat in seinem schleimlichen Saft ein alkalisches, süchtiges Salz verborgen, und daher die Eigenschaft alles Saure zu versüssen, die Verstopfungen der Krebs-Aderen zu erlösen, der fallenden Sucht zu steuern, und solche nach und nach zu stillen, dem Abnehmen des Leibs zu wehren. Viele abergläubige Leute halten den Eichen-Mistel für den besten, welcher auf demjenigen Mittag abgehaunen werden, da Sonne und Mond in den Krebs gehen, so alle sieben Jahre einmal geschiehet.

## Gebrauch.

Der Eichen-Mistel hat eine sonderliche Kraft der fallenden Sucht zu widerstehen, daher *GENTILIS* und *JACOBUS de PARTIBUS* ihm *Lignum S. Crucis,* oder *Heil. Kreuz* Fallende Sucht.

Holz nennen. *LONICERUS*, der alte Kräuter, schreibt in dem 4. Theile seines Kräuter-Buchs im 114. Cap. So eine Frau in gefährlichen Kind-Nöthen lige, soll man ihren gestohlenen Eichen-Mistel in Wein eingeben, sie werde darauf bald genesen, und das Kind sein Lebenlang vor der fallenden Sucht bewahrt seyn; Eine kostliche Wirkung, wann sie eintretet.

Wider diese Krankheit wird er in England auf nachfolgende Weise gebraucht. Man muß nehmen rechten Eichen-Mistel, so wohl die Blätter als die Beeren und die jungen Nestein, solche gelind in einem Ofen dörren, und zu Pulver machen: Daraon soll man einer großen Person eingeben, als denselben auf einen halben Kopffuß liegen kan: Denen Kindern aber muß man etwas weniger geben, nach eines jeden Stärke und Alter. Man muß es des Morgens und des Abends eingeben in einem dazu bequemen Wasser: Als nemlich in *Schlüssel- oder Maiblümlein-Wasser*, und solches drei Tage vor und drei Tage nach dem Vollmonden, dieses soll man etliche Monate nach einander thun, ist damit vielen vornehmen Personen geholfen worden.

Wenn ein Kind Würme hat, soll man warme ihme gefloßene Eichen-Mistel in warmer bei denein Milch eingeben.

Was machen der Eichen-Mistel von den alten Heydnischen Priestern zu dem Überglauhen sehr gebraucht worden, lehret *PLINIO* lib. 16. Hist. rer. natural. cap. 44. Wenn er spricht: Es halten die Druiden, (also nennen die alten Teufschen und Gallicier ihre Priester) nichts heiliger als den Mistel und Baum, auf welchen er wächst (sonderlich wenn es ein Eich-Baum wäre) denn sie hielten ohne dies viel auf denen Haynen der Eich-Bäumen, und verrichteten ihren Gottesdienst nimmer ohne Eich-Baum-Zweige: Also das auch scheint, daß sie von denen Griechen daher seyn Druidæ genannt werden. Sintemahlen was an denen Eich-Bäumen herfür wächst, halten sie, als wenn es vom Himmel wäre kommen, und jene die ein Zeichen, als wenn der Gott (Jupiter) selbst diesen Baum für andern erwählt hätte. Es ist aber dieser Eich-Mistel schwerlich zu finden, und so man ihn findet, wird er mit heiligen Ceremonien eingehobelt: Sie nennen (diesen Eich-Mistel) in ihrer Sprache, Heil aller Schaden, und wenn sie ihre Opfer und Mahlzeiten unter dem Baume haben gehalten, bringen sie zweierweise Opfer herbei, deren Hörner zuvor noch nicht gebunden waren. Der Priester mit weißen Kleidern angehabt, steigt auf den Baum: Mit einem goldenen Messer haucht er denselben ab, welcher in einem weißen Mantel empfangen wird. Alsdann schlägt sie ihre Opfer, bittende, daß ihnen Gott diese seine Gnade segnen wolle. Sie vernehmen, daß Leute und Vieh, so darob trinken, fruchtbar sollen gemacht werden, auch dieses eine gewisse Arzney wider alles Gift seyn. So viel Überglauhen treiben genügend solche Leute in nichtswürdigen Sachen.

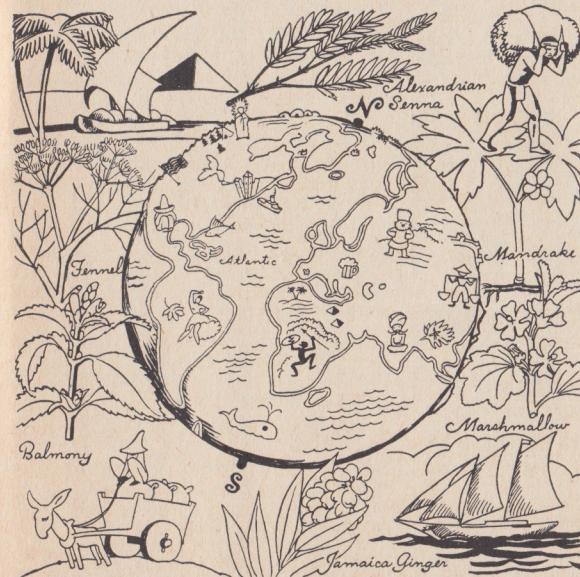
CAPUT

## A Bit of Our History and a Quiet Jubilee

When the INDIANA BOTANIC GARDENS was established, our first and most important product was the "Calumet Laxative Tea," later known as No. 99. Even today we still remember the unusually painstaking procedure employed in formulating this tea because it was fully realized then that the future of our business depended largely on its success. We also recollect the satisfaction created by the early favorable reports of appreciation which were sent to us, first by a prominent local lawyer, a banker and later on from many others who did not hesitate to comment on its merit and gave us the much needed encouragement.

Today, after twenty-five years of actual experience, it gives us a great deal of satisfaction to know the outstanding fact that the No. 99 Calumet Laxative Tea still remains the most important and satisfactory preparation of our whole list of home medicines. This tea withstood the test of years, but its remarkable success did not simply "happen," it was the result not only of a carefully executed formula composed of correctly selected herbs, but also because of the superior quality and freshness of the botanicals used, which is an absolute necessity for the best results. We reached for the best regardless of cost or distance where it originated and, therefore, the formula represents a selection of the highest quality ingredients from various parts of the world.

The following are a few ingredients of our Calumet Laxative Tea:



By primitive river crafts, by ships, trains, man power and animal power come the ingredients from various parts of the world to make this wonderful balanced combination--our Calumet Laxative No. 99

**Marshmallow Root**  
An emollient and demulcent.

**Licorice Root**  
A pleasant demulcent of an agreeable sweet taste.

**Cascara Sagrada**  
The well known laxative for habitual constipation due to functional inactivity.

**Turtlehead (Balmony)**  
A mild laxative.

**Alexandrian Senna**  
Of mildly purgative virtues.

**Jamaica Ginger Root**  
Aromatic, carminative.

**Tinnevelly Senna**  
The finest grade of Indian senna.

**Fennel Seed**  
An aromatic and carminative.

This remarkable herb tea served its purpose well. We know that it was our best seller for twenty-five years and our customers know that it is a very pleasant and effective laxative tea, therefore, we suggest to you: Avoid experimenting and order

No. 99 Calumet Laxative Tea

Sold in packages at 50c each

For External  
Use

# IRONITE



## The Household Giant Iron Liquid

This popular preparation has scores of uses. It may be employed freely and with good results as an external application or wash for bruises, stings and bites of innocuous insects, minor skin irritations, and the many other well known conditions in which a preparation of this kind may be indicated or is commonly used.

The fact that Ironite is free from sting, harshness and "bite" explains why Ironite is preferred by so many and why it has more than held its own in these days of keen competition. The pleasant nature and effects of Ironite make it especially well adapted to general family use and the requirements of old and young. Its action is gentle, agreeable and satisfying at the same time.

Remember this—it is important to keep Ironite in contact as long as possible with the area and condition that are affected or to be treated. For this reason, apply Ironite with cotton and bandage as a wet dressing when-

ever possible, and see that the bandage is kept saturated with the Ironite.

One of the splendid features of Ironite, that makes it particularly desirable as a gargle or douche, is the fact that it may be used daily without fear of irritation of the delicate mucous membranes with which it may come in contact. This agreeable feature of Ironite is most important, because modern hygiene teaches us that the daily use of a mild gargle is a splendid habit to acquire.

What has already been said will also explain why Ironite makes such a good douche for women and why it is so well adapted to feminine requirements.

### General Directions for Using Ironite

(1) AS A LOCAL APPLICATION: Use Ironite full strength. It may be applied by soaking absorbent cotton with Ironite and apply to the afflicted part, covering with oiled paper and bandage. Keep the cotton wet with Ironite for an hour every day, if possible. Before applying the second application of Ironite, bathe the afflicted part with warm water and soap, thoroughly. In aggravated cases consult a physician.



(2) AS A GARGLE: Dilute Ironite half and half with warm water. After a few days, use it full strength. Gargle repeatedly for at least 5 minutes. Finish off with a clear rinse so as to avoid staining the teeth with the iron contained in Ironite.



(3) AS A MOUTH WASH: Dilute Ironite half and half with water the first three or four days—after that, use it full strength. The Ironite should be forced all around the gums and allowed to remain in contact with the irritated tissue for at least 5 minutes. After rinsing the mouth with warm water, use a good toothpaste immediately or the teeth will become discolored.



(4) AS A DOUCHE: Use 1 tablespoonful of Ironite to a pint of warm water—after a few days' use, increase the Ironite to 2 tablespoons and con-



tinue increasing the Ironite until 1 ounce of Ironite to a pint of water can be used without discomfort. The longer Ironite is kept in contact with the afflicted tissue, the better the results. Repeat the douche continuously for at least 20 minutes.

(5) AS AN ENEMA: Follow same directions as given for a douche.

(6) FOR MINOR SKIN IRRITATION and ITCHING: Wash the afflicted parts thoroughly with soap and warm water, dry and apply Ironite by swabbing afflicted surface with a clean cloth soaked in Ironite—swab several times and allow it to remain. For small surfaces, apply with a little cotton twisted around a toothpick and soaked in Ironite. Apply it several times and allow it to dry. For a cold blister apply Ironite as soon as it is noticed—also after it appears. You will be delighted with the results.

(7) FOR ALL OTHER PURPOSES: Use Ironite full strength wherever it can be done without discomfort. Ironite should always be kept in contact with the afflicted parts as long as possible. If used as a bandage, keep it wet all the time—covering with oiled or wax paper to prevent drying out and to protect the clothing. Always destroy the cotton used to apply Ironite for sanitary reasons.

Note the peculiar action of Ironite when used as a gargle, douche or enema—note especially the coagulation mucus in the form of crumbs or sandy deposits that are washed away after the rinsing with warm water.

No. 2036 Price, 25c a Vial, or \$1.00 for 3-oz. Bottle,  
or \$2.00 for 6-oz. Bottle.

## The Story of Doctor Mesue



Within the walls of the ancient City of Bagdad in Mesopotamia lived in the Golden Age Era, a very learned man, Doctor Mesue, called also John the Damascene. He was a personal physician to the Great Caliph Haroun al-Rashid, and his great knowledge was worthy of his fame.

The history tells, that he was the first man of authority who strongly objected to the established practice of the Greek and Roman Physicians of that period, who used very drastic, violently acting remedies, namely—cathartics and purgatives. John, the Damascene, evidently came, after a long experience, to the sound conclusion, that medicines intended for relief of human ills, should also be "HUMANE" and should primarily serve as a helping agent or aiding factor to the great "VIS MEDICATRIX NATURAE"—THE HEALING POWER OF NATURE—and that they should be designated only to promote the recovery and not to interfere with, nor hinder it by any drastic effects.

This great man's theory was very much in advance of the contemporary conceptions of the Art of Healing. His idea proved to be a far reaching achievement unsurpassed through the progress of centuries nor abandoned for want of merit to this day. This, like any other part of History that we read, we forget; nevertheless, we should remember what it teaches, because it affects our well being directly: THAT MILD NATURAL COMPOUNDS ARE PREFERABLE FOR HOME USE.

### Fundamentally in accord with Old Doctor Mesue's theory is the composition of our SONORA.

It is a typical mild laxative and a valuable aid to elimination. One of the important constituents of this compound is the South American Paraguay tea, that has been known for generations as a refreshing beverage of agreeable aromatic flavor. The formula also contains other mild and reliable botanicals, such as:

ALFALFA—An excellent source of Vitamin A.

DAMIANA—Is a mild tonic and diuretic.

YERBA SANTA—A bitter tonic alterative and stimulating expectorant.

SWEET FLAG—An old favorite aromatic and carminative, which aids in expulsion of gas from the stomach.

And many other carminatives and aromatics.

Sonora is a very pleasant, well compounded, bitter tonic, indicated in loss of appetite and as a mild laxative for impaired activity of the bowels. It will often relieve headache, flatulence, gas bloating and bilious symptoms due to inactive bowels.

Sonora's effects are gradual, not drastic—a trial will convince you.

**SOLD IN THREE FORMS:**  
Liquid, \$1.00 per bottle. Tablets 50c per box. Herbs, 50c per box.





# VIRO



## Sedative, Antispasmodic and Carminative Compound

In this Day of Speed and the Age of Turmoil, most of us feel occasionally "out of sorts" or "on edge" as we like to express it, and we begin to worry. This "worry" occupies strongly our mind and aggravates the condition rather than helping it. In many cases the nervous symptoms result from strain, fatigue or lack of restful sleep. A good rest or a vacation would provide much needed relief.



There are many powerful sedatives which effectively relieve functional nervous symptoms. Most of them, however, contain potent drugs which can be administered safely only by a physician. Self-medication with such drugs is dangerous.



In mild cases of functional nervousness, a simple sedative composed of herbs sometimes proves helpful and provides relief from nervous tension and irritability. When using such a compound, however, one should always consult a physician if relief does not follow after a reasonable time.

Herbal Compounds have their own well-established reputation since the dawn of history. The primitive man had to resort, in his illness, to natural products; he learned their value. So herbal compounds survived the ages and centuries and they are still in general use and of service in our time because of their proven merit.

One of the typical, old fashioned home compounds is our well known **Viro**, which is a combination of well selected herbs and roots, such as Valerian, Lady Slipper, Vervain, Skullcap, Swamp Cabbage, Catnip and many others that are known for their reputed beneficial sedative and antispasmodic effect on the nervous system.



Great relief is often afforded various forms of functional nervousness and excitability due to strain, fatigue, and lack of restful sleep. As a sedative, it exerts a soothing influence on the system tending to lower the functional activity. Its palliative effect tends to allay irritability resulting mainly from physical or mental over-excitation.

**Viro** can be used over a longer period if necessary without any ill effects as it is not a habit-producing compound.

In dry form the **Viro** herb tea is \$1.00 per box, the liquid form \$1.00 per bottle.

